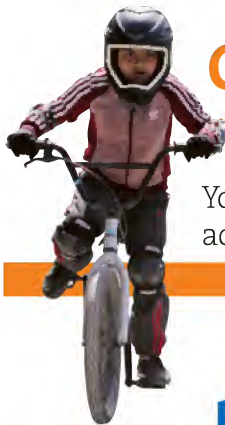




## Flowers in the rain

Tower Hamlets in Bloom is back to brighten spring

SEE PAGE 4



## On yer bike for half-term fun

Youngsters get outdoors and active during the school holiday

SEE PAGE 7



## Let the good times roll...

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SEE GET A LIFE, INSIDE

ISSUE 1062 1 - 7 JUNE 2015

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# eastendlife

NEWS FROM TOWER HAMLETS COUNCIL AND YOUR COMMUNITY

# Friendship and help for mums and dads

## New scheme will support parents of children with disabilities

BY JESSICA ODUBAYO

**PARENTS with disabled children now have someone to share the worries and stresses of their lives thanks to a new befriending scheme.**

The Face 2 Face service was launched last Thursday, May 28 at

the Osmani Centre in Whitechapel, where parents and befrienders spoke about the difficulties of looking after children with special needs.

Run by disability charity Scope, the service is part of a national scheme which offers emotional support and practical guidance on the phone, online, or through home visits.

A spokeswoman for Scope said caring for a disabled child could be tough.

Alea from Bethnal Green, who has trained to become a volunteer befriender, described her shock when her one-year-old daughter, Khadijah, was diagnosed with a rare condition that can cause brain damage and sight loss.

"I was in complete shock. I felt numb," Alea said.

"It was like I was in a bad dream. It was a very difficult time for me and my family."

Khadijah is now four and also has epilepsy.

Alea said: "It can be very challenging looking after Khadijah. She has seizures every day and we never know when she will have them.

"When Khadijah was diagnosed, it would've meant a lot to have a service like Face 2 Face because, at the time, I didn't know anyone with a sight impairment and there were times when I needed to speak to someone who understood."

■ Continued on page 3



Children play with bubbles at the launch of Face 2 Face, at the Osmani Centre

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# Unrivalled in London

The new ballet centre will have state-of-the-art training facilities, teaching and rehearsal studios.



## 'A new space to produce amazing work'

"I want a building that will be available for other artistic organisations to rehearse too... opera, musicals or theatre. I want the space to echo to the sound of creative Britain."

TAMARA ROJO, PICTURED LEFT AT LONDON CITY ISLAND ©PERRY CURTIES

### News

**East End Life** is produced by Tower Hamlets Council, Town Hall, Mulberry Place, 5 Clove Crescent, E14 2BG.  
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eastendlife

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# City Island home for national ballet centre



Far left: how London City Island, currently under construction, will look

Left: English National Ballet's Le Corsair

©Photography by ASH



The second phase of London City Island includes 417 homes in two blocks and the 12-acre neighbourhood will include restaurants, shops and outdoor space for art and performances.

Tan Sri Liew Kee Sin, chairman of Eco World Ballymore, said: "We are honoured that English National Ballet – renowned for delighting audiences with world-class performances of classical ballet and inspiring them with the new – has chosen to call London City Island home."

BY JESSICA ODUBAYO

## EAST London's expanding arts scene is set to get bigger, with the announcement of plans to move the English National Ballet to a new neighbourhood overlooking Canary Wharf.

Property developer Eco World Ballymore launched the second phase of its London City Island development by announcing its partnership with the national institution.

The ballet company hopes to move to the specially designed centre – which includes rehearsal spaces where passers-by can watch the dancers through floor-to-ceiling windows – in autumn 2018.

The move will also bring the English National Ballet School under the same roof for the first time.

The development is a short distance from Canning Town and near Trinity Buoy Wharf, which is already home to a creative

and arts cluster.

Tamara Rojo, artistic director of English National Ballet and English National Ballet School, said she wanted to push the company to the "forefront of excellence and innovation".

"I want to create a new space that allows us to produce and rehearse amazing work," she said.

"Not only that, I want a building that will be available for other artistic organisations to rehearse too, whether they are staging opera, musicals or theatre.

"I want the space to echo to the sound of creative Britain."

English National Ballet is currently based in a 19th century mews in Kensington while the ballet school is in Fulham.

## Inside this week's issue

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Flowers in the rain  
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**Friendship and help for mums and dads**  
New scheme will support parents of children with disabilities

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## Tough times, desperate measures

Corinthian tells the story of people who fall on hard times and the lengths they will go to provide for their families – including bare knuckle fighting and stand-up comedy.

SEE BELOW

## Garden open day

Gardener Julie Charlesworth, will be in Spitalfields to answer questions about her herbs and other plants.

DETAILS BELOW

## News



Alea with her husband, Fozol, daughter Khadijah and son Ismail

## Help for parents of disabled children

Continued from page 1

Alea added: "I would've loved to have someone who was genuine, non-judgmental and empathetic to all the things we were facing. Someone to listen to me as Khadijah's mum."

Every Face 2 Face befriender

is a parent of a disabled child who understands the worrying and confusing experience of having a child diagnosed with support needs.

Alea encourages parents who are struggling, or who want practical advice about getting

the support they need for their families, to get in touch with the service.

For more information or to volunteer as a befriender, call Yasmin Mumithor on 07436 831215 or visit [www.scope.org.uk/face2face](http://www.scope.org.uk/face2face)

# Caribbean calling

## Film-maker hoping to pick up international award

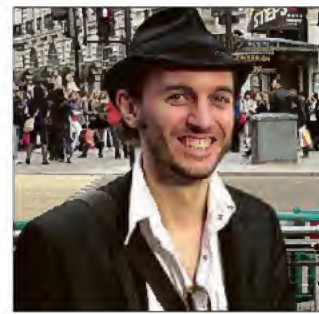
BY JESSICA ODUBAYO

**LIMEHOUSE** film-maker Mark A C Brown will be jetting off to the Cayman Islands in the Caribbean in just over a fortnight, where he hopes to pick up an award for his latest short film.

Shot in a comedy club in Bethnal Green, Corinthian has been nominated for 'best short' at the Cayman Islands International Film Festival.

Mark will feature at the festival alongside big names such as actor Brian Cox and fellow film maker Paul Schrader, who co-wrote Taxi Driver and Raging Bull.

Mark said Corinthian, which stars fellow Tower Hamlets



Film maker Mark A C Brown



Actor Victoria Johnston

resident Victoria Johnston and London stand-up David Whitney, was inspired by the credit crunch and seeing people around him struggling to find work and moonlighting to maintain their status.

It has already been featured at 18 festivals including the London Short Film Festival, the Independent Days Film Fest in

Germany and the Nacogdoches Film Fest in Texas.

Corinthian won Best Film at the Indieburgh Film Festival in Edinburgh and the Jury Prize at the South West London International Film Festival. It has also been nominated for several other awards.

Mark is now developing it as a feature film.

## News in brief

### Air Ambulance stars in BBC series

THE pioneering trauma and emergency care provided by London's Air Ambulance will feature in the second series of BBC2's An Hour To Save Your Life.

Starting on Tuesday, June 2 at 9pm, the programme follows the charity's doctors and paramedics as they perform roadside procedures such as open chest surgery and cardiac arrest care. Visit [londonsairambulance.co.uk](http://londonsairambulance.co.uk)

[co.uk](http://co.uk) and join the conversation on Twitter using #AHTSYL

### Seven years for manslaughter

A MAN who admitted manslaughter after beating his girlfriend to death has been jailed for seven years.

Hussein Abu, aged 37, of Whitechapel Road, E1, appeared at the Old Bailey on May 21, where he admitted being responsible for the death of 26-year-old Sannah Javed at her flat in Green Lane, Ilford on

December 2, 2014. Abu was sentenced on May 22.

### Garden open day

A GEORGIAN courtyard garden in Spitalfields will open to the public on Saturday, June 6 as part of the Chelsea Flower Show's fringe festival.

Learn about gardening in the 1740s-1940s and take part in garden activities at the headquarters of the Society for the Protection of Ancient Buildings at 37 Spital Square, from 10am-4pm.

## Cyclist pushed into canal

**POLICE are appealing for information and witnesses after a woman was pushed off her bike into the Regent's Canal in Limehouse.**

Officers said the 33-year-old had been cycling north along the towpath between Commercial Road and Salmon Lane on Thursday, May 21 at 7:30pm, when she noticed a group of five or six teenagers walking towards her.

She slowed down and, as she tried to pass, a female member of the group lunged forward and pushed her into the canal, along

with her bike. A passing jogger rescued her from the water before alerting police.

The group ran away under the Commercial Road foot tunnel and over the Limehouse marine lock footbridge towards Limehouse DLR station.

They were described as Asian, both male and female, and aged between 16 and 18. The girl who pushed the cyclist had long dark hair and was wearing dark sunglasses.

Call 7275 4546 or Crime-stoppers on 0800 555111.

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Members of:



# Gold for the borough

Tower Hamlets was awarded Gold at last year's London in Bloom competition, run by the Royal Horticultural Society.

WWW.RHS.ORG.UK



# The nation's favourite

Victoria Park (left) was voted the nation's favourite public park for the second time in the People's Choice Award 2014, following its win in 2012.

## News

# Time for a borough bloom boom

BY SHALINA HUSSAIN

### MOVE over Chelsea Flower Show, East Enders are having the chance to show off their own horticultural skills in the borough's annual gardening competition.

Tower Hamlets in Bloom rewards those who help to make the borough bright and beautiful.

From balconies, community gardens and allotments to patios, businesses and schools, the competition is open to anyone who makes the most of open spaces.

Organised by the council, it is part of a nationwide scheme to encourage people to become interested in plants, wildlife

and the environment. The competition has been running since 1971 and is not just for experienced gardeners, but for schools, community organisations and novice gardeners alike.

There are several different categories and it is open to residents, businesses, community groups and schools.

To enter, simply fill in the form below in block capitals (remember to include your postcode). The competition will be judged throughout late June and early July.

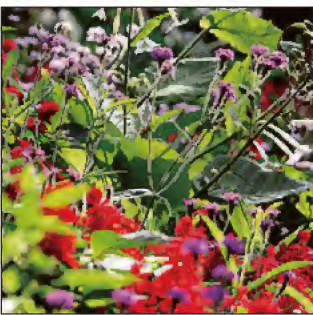
Please note that all entries must be visible or accessible to the passing public, except for those in the allotment, wildlife-friendly garden and educational establishment categories.

The deadline for applications is Friday, June 12. For more information contact Sam Blewitt on 7364 4147.

DESPITE being a small borough, Tower Hamlets boasts many award-winning green spaces.

The borough was awarded Gold at last year's London in Bloom competition, run by the Royal Horticultural Society, which feeds into the national competition – Britain in Bloom.

Community gardens singled out for praise by the judges included: Lady Mico's Almshouses – won first prize in the community garden category;



Museum Gardens



Lady Mico's Almshouses



The Dickens Inn

Rocky Park Urban Gardens – collected first prize in the best allotment category; Winterton House Organic Garden – marked as 'outstanding' for the Your Neighbourhood section; Zander Court Garden Club and Teesdale and Hollybush Community Tenants &

Residents' Association – judged as 'thriving' in the Your Neighbourhood section. Victoria Park was voted the nation's favourite public park in the People's Choice Award 2014. The park also scooped the prestigious accolade back in 2012.



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Tower Hamlets in Bloom 2015

Entry form

Name:.....

Address:.....

Email:.....

Tel/Mob:.....

Please tick the categories (below) you are entering.

Maximum 2 categories per entrant. If this is your first time entering TH in Bloom, also tick the best newcomer award.

☐ Best allotment (traditional growing site)

☐ Best children's garden (space maintained by children)

☐ Best community growing site (community-led growing site)

☐ Best wildlife friendly garden (offers biodiversity quality)

☐ Best patio/container garden (paved recreational area enhanced with containers)

☐ Best public house, restaurant, café and other business premises

☐ Best communal residential garden (maintained by residents of the site)

☐ Best front garden (visible to passing members of the public)

☐ Best balcony (front or back balcony visible to the public)

☐ Special award for best newcomer (judged across all categories)

☐ Best community garden (a community-led open space)

☐ Best education establishment (schools, youth and community groups)

Return your completed form to:

Sam Blewitt

Mile End Park Children's Playground

Mile End Park

Locksley Street

E14 7EJ

Closing date is Friday, June 12, with judging commencing mid-June.

4

NEWS FROM TOWER HAMLETS COUNCIL AND YOUR COMMUNITY

1 – 7 JUNE 2015





## Hundreds of opportunities

Volunteer Centre Tower Hamlets has opportunities in more than 300 organisations. Roles range from outdoor work to being part of a management committee like Stuart Burnside (pictured).

[WWW.VCTH.ORG.UK](http://WWW.VCTH.ORG.UK)

## Making a difference

More than 20 million people across the UK volunteer for a range of roles including charity work, sports and arts.

SEE ADVERT ON PAGE 10

### News



A VOLUNTEER whose efforts have helped turn around the fortunes of Wapping Hockey Club has described the satisfaction of giving up his time for no financial reward.

Lawyer Stuart Burnside, 34, pictured centre with fellow club members, has volunteered at Wapping since joining in 2004.

He is now chairman, a post he decided to volunteer for because "I tend to believe it's put up or shut up if you have views on how you want things to be".

He told East End Life: "I would definitely recommend volunteering. The feel-good factor you get from improving things without seeking payment is great."

He added: "There's a lot of folk who like to portray Tower Hamlets as a borough of two halves who never help each other.

"Being able to defy that perception and deploy my business skills to have a positive effect on the wider borough appeals to my contrary nature."

Stuart, who lives in the borough, volunteers about 20 hours a week and says his biggest achievement has been a complete overhaul of the club's facilities and finances, which in turn has caused participation levels and on-pitch performance to "sky rocket".

The club now has sponsorship deals and last season seven of the teams were promoted.

# Can you give up your time?

BY SHALINA HUSSAIN

**FIND out how you can give back to the community and feel good about contributing to society.**

Volunteers' Week is an annual celebration of the contribution millions of people make across the UK – taking place from June 1-7.

The council will be celebrating the work of volunteers at a series of events, including a special awards ceremony on Wednesday, June 17, at Idea Store Whitechapel.

Volunteers add tremendous value to the services the council provides in a variety of roles.

There will also be an exhibition at Idea Store Whitechapel (1st floor) promoting volunteer opportunities on offer throughout all of the Idea Stores.

To find out more about volunteering email [ideastorecdt@towerhamlets.gov.uk](mailto:ideastorecdt@towerhamlets.gov.uk) or visit [www.volunteersweek.org.uk](http://www.volunteersweek.org.uk)

The council's integrated youth and community service will be hosting two celebratory events on Wednesday, June 3, at Wapping Youth Centre in Tench Street at 6pm and on Thursday, June 4, at St Andrew's Wharf in Britannia Road, E14 at 5pm.

Volunteers who have shown an outstanding commitment to their role will be recognised for their achievements and presented with certificates by the Young Mayor of Tower Hamlets, Deng Yan San. You can also find out about volunteering positions on offer.

To find out more call Robert McKenzie on 7364 4839 or email [robert.mckenzie@towerhamlets.gov.uk](mailto:robert.mckenzie@towerhamlets.gov.uk)

# Hard work of borough's volunteers to be celebrated

**VOLUNTEERS who help make a difference in the borough will be thanked for their hard work as part of Volunteers' Week.**

Volunteer Centre Tower Hamlets (VCTH) will hold an afternoon tea

and seminar for volunteers during the annual national event, which runs this week and celebrates the contribution made by millions of volunteers across the UK.

It is also highlighting how it can help

young people aged 15-19, and up to age 25 for people with special needs, to find suitable volunteering roles by offering one-to-one support and access to local opportunities.

Peppe Rella, communications

co-ordinator at the centre, said volunteering was ideal for young people who were looking for something to do in the summer, needed experience to put on their CV or for those wanting to start a professional career.

The centre, in Commercial Street, Spitalfields, also runs training sessions, helps organisations recruit and manage volunteers, and offers advice.

For more information call 7377 0956 or email [info@vcth.org.uk](mailto:info@vcth.org.uk)



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## Worldwide campaign

World No Tobacco Day on May 31 is an annual campaign led by the World Health Organisation.

[WWW.WHO.INT/TOBACCO/WNTD](http://WWW.WHO.INT/TOBACCO/WNTD)



## Help with quitting smoking

“Helping residents stop smoking is a huge priority for public health as you not only improve your health but that of people around you exposed to the toxins and poisons in secondhand smoke.”

**DR SOMEN BANERJEE, DIRECTOR OF PUBLIC HEALTH AT THE COUNCIL**

## News in brief

### Illegal tobacco is a risk to health

SMOKERS are being warned of the harm to people's health caused by the illicit trade in tobacco products, as part of World No Tobacco Day.

One in every ten cigarettes, and many other tobacco products consumed worldwide, are illegal, with criminal groups profiting from the trade.

The council has a dedicated team that tracks down illegal tobacco and recently found one shop containing 1,704 packets of illicit cigarettes and 20 pouches of illicit tobacco, with a combined estimated sales value of £13,000.

Dr Somen Banerjee, director of public health at the council, said: “Cigarettes that are sold illicitly are not properly inspected and do not carry appropriate health warnings, which play an important role in increasing awareness of the health risks associated with smoking.”

Stop smoking services in Tower Hamlets are free and effective – more than 1,300 people quit tobacco over the past year with their help.

For information on services to help you stop smoking visit [www.towerhamlets.gov.uk/stopsmoking](http://www.towerhamlets.gov.uk/stopsmoking)

If you suspect someone of illegally trading in the borough, call the council on 7364 5008 or email [tradingstandards@towerhamlets.gov.uk](mailto:tradingstandards@towerhamlets.gov.uk)



The most recent walkabout was held in Lansbury ward on May 22, visiting areas where ASB and crime issues have been reported, including Chrisp Street Market, Brownfield Street, Spey Street and Langdon Park.

### Ward walkabouts

THE series of 20 community safety ward surgeries and walkabouts is drawing to a close with just two more to be held.

Led by the council's community safety team with the police, they have been held across the borough over the last few months to raise awareness of community safety and to hear about crime and anti-social behaviour (ASB) issues raised by residents.

The last two surgeries are: ■ **Bromley North** this Friday, June 5 from 9.30-10.30am – meet outside the chemist in

Stroudley Walk, E3.

■ **Bromley South** on Friday, June 19 at the same time – meet at Rounton Road at the junction of Swaton Road, E3.

### Keeping kids safe

CHILDREN'S safety takes centre stage this week, highlighting how accidents can be prevented among parents, carers and professionals.

The annual Child Safety Week, from June 1-7, is led by the Child Accident Prevention Trust to raise further awareness and help keep children safe.

Unintentional injury is a

leading cause of preventable death, serious harm and acquired disability for children, particularly those aged between one and five years old.

This year's theme is injuries around teatime, focusing on preventing drowning and bath water scalds, road accidents caused by heavy traffic while rushing home from school and nursery, and burns and scalds caused by kitchen appliances.

Earlier this year the council introduced a 20mph speed limit across much of the borough in a bid to make the streets safer and deal with an increase in traffic volumes,

cyclists, haulage vehicles and pedestrian levels.

Esther Trenchard-Mabere, associate director of public health at the council, said: “We know how busy parents and carers are and this week is a reminder of how best to keep children safe. There are simple things you can do ensure your child is protected from harm.”

For more information and free tips on keeping your children safe, visit [www.capt.org.uk/safety-advice](http://www.capt.org.uk/safety-advice) or NHS Choices at [www.nhs.uk](http://www.nhs.uk)

### Money workshops

THE Getting on with Money project is offering residents the chance to take part in a free workshop on money management.

With lots of changes to benefit entitlements, and many residents feeling harder pressed than ever, these workshops give lots of ideas and tips to help them feel more in control of their cash.

There are two different workshops – one on general money management (One Step Ahead) and one on managing money when moving into work (Benefits and Wages).

■ **One Step Ahead**, 10am-12pm on June 3, July 1 and August 5, at **Toynbee Hall**, 28 Commercial Street, E1.

■ **Benefits and Wages**, 9.30am-12.30pm on June 10, July 8 and August 12 at **Bromley by Bow**

**Centre**, St Leonards Street, E3.

■ **One Step Ahead**, 10am-12noon on June 24, July 22 and August 26 at **Bromley by Bow Centre**, St Leonards Street, E3.

■ **Benefits and Wages**, 9.30am-12.30pm on June 17, July 15 and August 19 at **Limehouse Project**, 789-791 Commercial Road, Unit 2, St Anne Street, E14.

Reserve a place by emailing [gettingonwithmoney@bbbc.org.uk](mailto:gettingonwithmoney@bbbc.org.uk) or calling 07903 088971, or just turn up on the day.

### Join in Twitter debate on identity

BRITISH-Bangladeshi author Dr Aminul Hoque has called for a debate about identity.

His book – *British-Islamic Identity: Third Generation Bangladeshis from East London* – was launched in April at the **Osmani Centre** in Whitechapel.

It explores issue around integration, Britishness, racism, radicalism of some young people and the positive benefits of a modern British Islam.

Dr Hoque is encouraging people to engage in a Twitter debate on identity – tag Aminul on **@BrIslam2015** using the hashtags **#whoami?** and **#wheredoyoubelong?**

The book, published by the Institute of Education Press, is available online and can also be found in national and local bookshops.

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Currell







## A helping hand for amphibians

Froglife is a national wildlife charity committed to the conservation of amphibians and reptiles – frogs, toads, newts, snakes and lizards – and saving the habitats they depend on.

[WWW.FROGLIFE.ORG](http://WWW.FROGLIFE.ORG)

## Fun and games for all

The council organised a range of free activities for children to enjoy during last week's half-term holiday.

SEE BELOW

### News

From an amphibian fun day and BMX-ing in Mile End Park, to an art workshop with local artist Dan Jones and a recycle treasure hunt, there was something to keep the whole family entertained this half-term. Photos by **Kois Miah**

# Half-term fun in the sunshine

BY SHALINA HUSSAIN

**DESPITE the wet end to half-term, young people had a blast with fishing, arts and crafts, and BMX biking to try out.**

Hundreds of children had fun at Victoria Park with activities themed around water. They had the chance to try out canoeing, fishing and an amphibian fun day organised with national wildlife charity Froglife.

The Idea Stores hosted a series of events paying homage to writer and former children's laureate, Julia Donaldson, who is best known for her books *The Gruffalo*, *Room on the Broom* and *Stick Man*.

Artist Dan Jones held a well-attended family workshop at Idea Store Watney Market while the



Nayed takes on the BMX track



Zimo, 4, and Hang, 6, take part in the recycle treasure hunt

council's sports and physical activities team, along with Tower Hamlets BMX Club, hosted cycling sessions in Mile

End Park for youngsters aged five to 16. The council's waste contractor, Veolia, organised treasure hunts where youngsters were joined by R3Cycler, the mini robot

made from recycled bins and food caddies. To find out more about free events run by the council for children and families, visit [www.towerhamlets.gov.uk/arts](http://www.towerhamlets.gov.uk/arts)



Hajar, Zuril, Ed from Veolia, Khadijah, Hamza and R3Cycler



Aiya, 5, talks to Dan Jones about his art



Aleena, 4, shows off her artwork



Andrey, 8, and sister Amelie, 7, make frog boxes





## For your information

Parking to pest control,  
housing to hate crime

TURN TO PAGES 16 & 17



## Explore a wealth of history and wildlife

Tower Hamlets Cemetery Park, off Southern Grove, Mile End, is 31 acres of broad leaf woodland in a closed 19th century cemetery with an outstanding variety of wild plants and animals.

WWW.FOTHCP.ORG

### Useful information

# Visit London's urban woodland

## News from the Friends of Tower Hamlets Cemetery Park

**HAVE you ever visited Tower Hamlets Cemetery to explore its wealth of history, rich and diverse wildlife, or just to simply walk around to experience London's most urban woodland and the borough's only woodland park?**

No? Well you should! We are unmatched and unrivalled as an open space in the borough, and the fact that we're a woodland and a closed historic cemetery (one of London's 'magnificent seven') shouldn't stop you from paying us a visit.

You really should come and enjoy the countryside in the city.

If you'd like to experience us for the first time, or the millionth time, please join us for our annual Summer Fayre on Saturday, June 6, from midday to 5pm. It's free to enter, with small charges for some activities. You can learn more about the history of those buried here on a history tour at 2pm or discover our wildlife on a nature tour at 3pm.

Throughout the day you can try your hand at traditional woodland crafts, basket weaving, get your face painted, visit our many stalls, listen to music and enjoy singing from the British Humanist Association Choir. The East End Women's Institute will once again be serving their teas and splendid cakes.

We also have loads of other events and fun courses happening here all through the summer.

There's a lot to enjoy coming up, and here is a snippet of what you can expect. Join in a natural dyeing workshop on June 13, discover wild food and herb plants on June 14, and learn all about pollinators and plants on June 20. If art is your thing, why not get stuck into some art



in the park on July 11 or join our botanical art session.

Full details and how to book, along with an option to download our full programme, can be found at [www.fothcp.org](http://www.fothcp.org)

With all these fun courses here at the cemetery park, it's little wonder others want to have us do similar things for them.

The team at Victoria Park have asked us to run a number of events, delivering walks covering such themes as wild food, butterflies and mini-beasts, as well as a bush craft taster session. The walks start on June 13 with one all about the wonderful world of weeds and they continue running through the summer until August 6.

To book and find out more, please call 7364 4504.

Back here at the cemetery park we will be once again be hosting Shuffle Festival from July 24 to August 1 with the theme of movement, migration and place.

During the nine days of festivities you can visit us and enjoy film, science education, storytelling, performance art, architectural installations, walks, food, comedy and music – check out [www.shufflefestival.com](http://www.shufflefestival.com)

We look forward to welcoming you over the summer. Please feel free to link up with us via our social networks which can be found using the handle **FoTHCP**. Alternatively, you can always see us here in the cemetery park, during office hours from Monday to Friday or give us a call on 8983 1277.

**Kenneth Greenway**  
Cemetery Park manager

## Chemist rota

**Pharmacists in Tower Hamlets with extended opening hours.**

### E1

**ABC Drug Stores**, 12-14 Montague Street: Mon-Fri 9am-7pm, Sat 9am-5.30pm, Sun 10am-2.30pm.  
**Beck & Sherman**, 197 Whitechapel Road: Mon-Fri 9am-7pm, Sat 9am-5.30pm, bank holidays 11am-1pm.  
**Sainsbury's**, The Albion Brewery: Mon-Fri 8.30am-10pm, Sat 7.30am-10pm, Sun 11am-5pm.  
**Chapel**, 139 Cannon Street:

Mon-Fri 9am-8pm,  
Sat 9am-6pm.

### E2

**Fairdale**, 360 Bethnal Green Road: Mon, Tues, Weds, Fri 9am-6.30pm, Thurs 9am-1pm, Sat 9am-6pm, bank holidays 11am-2pm.  
**Florida**, 307 Bethnal Green Road: Mon-Fri 9am-7pm, Sat 9am-6pm, bank holidays 11am-2pm.

### E3

**Bell**, 534 Roman Road: Mon-Sat 7am-11pm, Sun 10am-2pm.  
**Forward**, 648 Mile End Road:

Mon-Fri 9am-7pm, Sat 9am-6pm, Sun and bank holidays 10am-6pm.

**Green Light**, St Andrew's Health Centre, 2 Hanaford Walk: 8am-8pm, seven days a week, including bank holidays.

**Lincoln**, 60 St Paul's Way: Mon, Tues, Weds 8am-8pm, Thurs, Fri, 8am-8pm, Sat 9am-5pm.

**Tesco**, Hancock Road: Mon 8am-10.30pm, Tues-Fri 6.30am-10.30pm, Sat 6.30am-10pm, Sun 11am-4pm.

### E14

**Boots**, Unit 15, Jubilee Place: Mon-Fri 7am-midnight, Sat

9am-6pm, Sun 12pm-6pm.  
**Britannia (Perimart)**, Asda Precinct, East Ferry Road: Mon-Sat 9am-8pm, Sun 11am-4pm, bank holidays 11am-6pm.

## Doctors

**Please ring your doctor's surgery for an appointment, but if it's the weekend or late at night, call 7377 7151 (only for people in Tower Hamlets who are registered with a doctor).**

To find a doctor, dentist or help to quit smoking call the health hotline on 7364 5016, **Mon-Fri 8am-8pm and Sat 8am-4pm.**

## Advice

### Family Information Service (FIS)

The Family Information Service provides information for people from birth to age 19 including helping parents and carers find high quality childcare, advice on tax credits and childcare vouchers. Open Mon-Fri, 8am-6pm. 30 Greatorex Street, E1. [fis@towerhamlets.gov.uk](mailto:fis@towerhamlets.gov.uk) 7364 6495

### Tower Hamlets Home Birth Support Group

Last Thurs of each month, 8pm. 31 Ridgale Street, E3. 8981 1159

### Parents Advice Centre (PAC)

Offers impartial advice around special educational needs (SEN). 30 Greatorex Street, E1. Drop-in sessions every Tues, 9.30am-3.30pm & Fri, 9.30am-3.30pm. 7364 6489

### LinkAge Plus

Toynbee Hall is one of five network centres that co-ordinates services and activities provided. Mon-Fri from 9am-5pm, drop-in session for advice on benefits, pensions, employment and housing. Appointments necessary. Mon 9am-5pm, Bangladeshi group. Toynbee Hall, Commercial Street, E1 7392 2914 [www.toynbeehall.org.uk](http://www.toynbeehall.org.uk)

## Welfare advice

All the organisations listed below can help you with welfare benefits, housing and general debt problems.

### Account 3

1-9 Birkbeck Street, E2. 7739 7720 [www.account3.org.uk](http://www.account3.org.uk)

### Bangladesh Youth Movement

21-23 Henriques St, E1. 7488 1831/2

### Bromley by Bow Centre

St Leonard's Street, E3. 8709 9737 [www.bbbc.org.uk](http://www.bbbc.org.uk)  
**Citizens Advice Bureau (CAB)** 32 Greatorex Street, E1. 7247 1050 [www.adviceguide.org.uk](http://www.adviceguide.org.uk)

### Island Advice Centre

Island House, Roserton Street, Isle of Dogs, E14. 7987 9379 [www.island-advice.org.uk](http://www.island-advice.org.uk)

### Legal Advice Centre

University House, 104 Roman Road, E2.

8980 4205 [www.legaladvicecentre.org.uk](http://www.legaladvicecentre.org.uk)

### Limehouse Project

Cheadle Hall, Cheadle House, Copenhagen Place, E14. 7538 0075 [www.limehouseproject.org.uk](http://www.limehouseproject.org.uk)

### Praxis (New Residents Service)

Pott Street, E2. 7729 7985 [www.praxis.org.uk](http://www.praxis.org.uk)

### Tower Hamlets Law Centre

(specialist advice by appointment). Tower Hamlets Law Centre, Unit 1, St. Anne's Street, off 789-791 Commercial Road, E14. 7538 4909 [www.thlc.co.uk](http://www.thlc.co.uk)

## Debt advice

### Toynbee Hall Advice Service

28 Commercial Street, E1. 7392 2953 [advice@toynbeehall.org.uk](mailto:advice@toynbeehall.org.uk) [www.toynbeehall.org.uk](http://www.toynbeehall.org.uk)

### Fair Money Advice

530 Commercial Road, E1. 7702 8032 [www.fairfinance.org.uk](http://www.fairfinance.org.uk)

### Island Advice Centre

Island House, Roserton Street Isle of Dogs, E14. 7987 9379 [www.island-advice.org.uk](http://www.island-advice.org.uk)

### National Debt Line

0808 808 4000 [www.nationaldebttline.co.uk](http://www.nationaldebttline.co.uk)



## Photo order form

Copies of pictures published in East End Life taken by council photographers are available to readers. To request a copy, email [eastendlife.news@towerhamlets.gov.uk](mailto:eastendlife.news@towerhamlets.gov.uk) and we can send it straight away. If you do not have access to email fill in this form and send it to Photos, East End Life, Town Hall, Mulberry Place, 5 Clove Crescent, Poplar, E14 2BG. This service does take longer.

Name .....  
Address .....  
.....  
Issue no. Page no.





## An Admiral's tribute

"HMS President is the country's largest Royal Naval Reserve unit – a shining example of today's Maritime Reserves. The demands of the RNR are endless and I thank you for your commitment."

REAR ADMIRAL CLIVE JOHNSTONE

## Help for job hunters

The council is recruiting for a new programme to help unemployed women get back into work.

DETAILS BELOW

### News

# Final tribute to sailor William

**A PROUD grandson made sure his late grandfather was finally honoured with a long overdue medal for his services at sea in the Second World War.**

Midshipman Rob 'Reggie' Perren, who is a member of HMS President at Tower Hill, researched the service record of his granddad, Chief Petty Officer William Wallace, and found he had been originally turned down for the medal.

CPO Wallace, who died aged 48 in 1955, had served in the heavy cruiser, HMS Sussex.

After tracking down the ship's log, Mr Perren proved his granddad was eligible for a medal.

And last week the Arctic Star

was presented to nine-year-old Joel Perren, CPO Wallace's great grandson, at the HMS President annual ceremonial parade.

Presenting the medal, Rear Admiral Clive Johnstone, assistant chief of Naval Staff, said: "It is wonderful that his grandson Midshipman Perren and great grandson Joel are here to receive it on his behalf."

He also presented awards and medals to other members of HMS President, the Royal Naval Reserve Unit based on the river near Tower Bridge.

**Right: Midshipman Rob Perren and his son, Joel, with Rear Admiral Clive Johnstone**



### News in brief

#### Day trippers

OLDER people are invited to visit the seaside this summer as part of day trips organised by the Zacchaeus Project based at Bethnal Green Methodist Church.

The subsidised outings are and offered on a first come, first served basis. They include trips to Broadstairs on Saturday, June 13; Southend-on-Sea on Friday, July 10; Worthing on Wednesday, July 22, and Eastbourne and Brighton in August.

Coaches will leave from outside the church in Approach Road at 9.30am. For further information call 8983 1568 or email [bethnalgreen1@aol.com](mailto:bethnalgreen1@aol.com)

#### A way with words

A WRITER and football poet will be passing on his poetry and literary skills at a training course starting this week.

The poetic narrations course,

run by Emdad Rahman, will run from 6.30-8.30pm on Wednesdays this month, starting on June 3 at Idea Store Whitechapel, 321 Whitechapel Road, E1.

For further information email [shanghati@yahoo.co.uk](mailto:shanghati@yahoo.co.uk) or call 07914 119282.

#### Free chips for pets

DOG owners can get their pets microchipped for free and receive vouchers towards the cost of neutering, at the latest event being hosted by the council.

The second of three community roadshows run with the Dogs Trust is being held on Friday, June 12 at Rhoda Street Open Space, Bethnal Green from 11am-4pm.

Residents can also pick up free poop bags and get free health check vouchers that include vaccinations against diseases as well as treatments for fleas and worms.

# Scheme will help women find jobs

## Paid work experience offered in health and social care

BY SAM GOUGH

**A NEW programme to help unemployed women get back into work has been launched by the council.**

The first placements begin in September offering paid work experience and training within the health and social care sectors.

Unemployment among women in the borough is significantly higher than that of men and they may also face difficulties when returning to work if they have been out of the jobs market for several years.

When they want to go back, they often find that the skills employers need have changed.

To help tackle this, the council's Skillsmatch service has developed a programme that will see 100 women benefit

from paid work experience placements – a mix of full- and part-time positions.

Training received in these placements will be accredited toward NVQ levels 2 and 3, and is designed to help women get a footing in the health and social care sectors.

The council has already begun working with health organisations about the placements to ensure participants reap the benefits of on-the-job skills, support and supervision.

The mixture of full- and part-time roles helps open up opportunities to women who have childcare or other caring responsibilities – one of the most common barriers for women returning to work.

Placements will be in sectors such as general health and social care; health visiting and midwifery; children's social care; nursing; child health,

maternity and midwifery; and healthcare administration.

Everyone who applies for the programme will be offered support to enable them to focus on the next steps in looking for training or employment.

Aman Dalvi, the council's director of development and renewal, said: "Women in Tower Hamlets are more likely to be unemployed than men – and we're committed to tackling this.

"We designed this programme to break down some of the barriers blocking women from gaining employment.

"We're delighted that we've been able to secure these health care opportunities with some of the biggest employers in the borough."

Recruitment for the programme is already underway – to find out more or to apply, call Skillsmatch on 7364 0626.



## TOWER HAMLETS BEREAVEMENT SUPPORT GROUP

Has someone you loved died? Do you feel lonely? Would you like to meet new people and share life's up and downs?

**Come join our group!** You are welcome to bring a friend or family member too.

This is a **FREE** and informal group, and refreshments will be provided.

### When?

**Monthly on Tuesdays...**  
June 16th, July 14th  
August 11th, September 15th  
11am – 1pm

### Where?

The Community Cabin,  
82 St Leonards Rd, Poplar, E14 0QU

### Contact?

If you are interested in attending call Niamh on 020 8525 3221 or email [n.brophy@stjh.org.uk](mailto:n.brophy@stjh.org.uk)

St Joseph's Hospice,  
Mare Street, Hackney,  
London E8 4SA

Founded in 1905 under the care of the Religious Sisters of Charity. Charity No. 1113125  
Image copyright Greg Turner

T: 020 8525 6000  
E: [info@stjh.org.uk](mailto:info@stjh.org.uk)  
[www.stjh.org.uk](http://www.stjh.org.uk)



**St Joseph's Hospice**

WE ARE  
MACMILLAN  
CANCER SUPPORT







## It's **Volunteers' Week**. Are you ready to start volunteering?

**Volunteer Centre Tower Hamlets** can help. We have over 300 volunteering roles available to suit a wide range of interests and abilities. A few are listed below. Interested in these roles, or want to find out about others? please call **020 7377 0956** for more information.

### Healthwatch Tower Hamlets - **Comment Collectors**

This is an exciting opportunity to volunteer at the new Healthwatch Hub at Royal London Hospital. Enquire today to receive training and support to gather the views of patients and carers.

### Choice in Hackney **Befriender**

Do you have a few spare hours a week to help a disabled or elderly person lead a more interesting life? We are looking for friendly people who like to listen and talk. If that's you, please get in touch!

### Volunteer Centre Tower Hamlets **Trainee Trustee**

Think you might have the right skills, commitment and experience to help govern a charity? Got 6-10 hours a month to spare and able to volunteer for 18 months?

We're recruiting volunteers aged 18+, and are especially keen to hear from people from BAME communities, women, and people under 40, who are under represented. You will attend a short training course and will be matched with a Tower Hamlets charity that needs trustees. Training starts in September. Apply today!

### Island Advice Centre Tower Hamlets **Trainee Advice Work Project**

This is an exciting training opportunity for residents of Tower Hamlets who want to train to become advice workers. Trainees must be available for a minimum of two days per week for a year.

Trainees attend formal training one day per week, covering: policies and principles of advice work, welfare benefits, housing, immigration, employment and debt. Trainees also carry out a voluntary work placement in an advice agency one day per week – days/time/venues for this vary.

### Parents Advice Centre **Independent Parental Support**

Interested or experienced in Special Educational Needs/Disability (SEND)? Want to make a positive difference to the lives of those affected by SEND? IT literate? This could be the opportunity for you! Next course begins Autumn 2015!

### River Lea Tidal Mill Trust - **House Mill Volunteers**

House Mill is a Grade I heritage building, run by a charitable trust. We have new volunteering roles as Tour Guides, Front of House and Event Stewards for exciting new art gallery area and cafe/shop duties. Full training given.

### The Daneford Trust **Overseas Volunteer Project**

We offer overseas volunteering opportunities as learning mentors for 18-30 year olds to parts of Africa, Asia, the Caribbean. Projects last for 2-9 months and support is given throughout. We require volunteer commitments in London before and after volunteering.

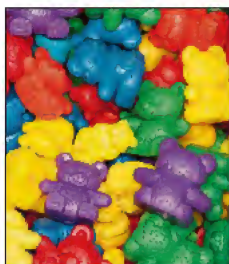
### Volunteering Matters **Citywide Volunteer Organiser**

Over 50 and Unemployed? Looking to develop new skills? We have opportunities for volunteers who want to set up projects for older people. All creative ideas welcome. Receive training, support and expenses, boost your employability and meet new people.



**Volunteer Centre**  
Tower Hamlets

Info@vcth.org.uk www.vcth.org.uk 020 7377 0956



## Setting development standards

The Early Years Foundation Stage (EYFS) sets standards for the learning, development and care of children up to five years old. All Ofsted-registered early years providers must follow the EYFS.

WWW.FOUNDATIONYEARS.ORG.UK

## News

Childminders in Tower Hamlets follow the Early Years Foundation Stage and are inspected by Ofsted, like the borough's nurseries and schools.

**Imani Turner**, 25, from Bethnal Green, explains the benefits of being a childminder, and how they can offer children a wonderful start in life.

# Looking after kids offers a very rewarding future

**MY husband and I are registered childminders. It's a rewarding profession to be in, especially when your own children are young.**

I want to be at home with my son as he grows up, so being a childminder means I can still run my own business.

There are a lot of legal requirements, but the council helps us keep up to date.

The training in the borough is very good and I know I can rely on them for advice.

We have to attend quite a lot of training – first aid, safeguarding, health and safety, food hygiene – things that are very important.

People don't think of childminding as a profession but looking after other people's children, and seeing them learn and develop, is a big responsibility.

We follow the Early Years Foundation Stage, just as they do in nurseries and schools.

Like other Early Years services, we get inspected by Ofsted. This means we have to provide lots of paperwork – insurance, policies, risk assessments, formative assessments and lots more. The paperwork is the only downside!

As a childminder, you have to make sure your home is welcoming and that you have the right resources.

It doesn't have to be expensive, although you have to be prepared to invest in a certain amount of equipment.

I became a registered childminder in July 2012 and was looking after my first child in August that year.

Parents can find me via the council website.

There are some great reviews from parents about what they



Imani with her son, Roman

like about me and my approach.

I would only give my own child healthy, home-cooked food and that's what the children I look after also get. I let the children have either milk or water, not juice because sugar is bad for their teeth.

We enjoy going out and about to Victoria Park, the Idea Stores for their storytime sessions, the Museum of Childhood and the drop-in sessions at the Collingwood Children's Centre.

Childminding also means I can gain a degree. At the moment I am studying for one in graphic design. I plan to

become a freelance designer, but I love being a childminder so much I think it'll be a patchwork career, with some designing and some minding.

Parents often tell me they want their child to socialise with other children, but they prefer a home setting – nurseries can be big and rather frightening when you are young.

A childminder can offer a more home-like environment while supporting children to be ready for school.

The bond between a childminder and the children they look after can be very strong and

personal. This differs from a nursery where there are far more children.

I keep a learning journal for each child and the parents get to keep it over the weekend.

I also keep a daily diary that the parents take home each day. It has information about food, naps, trips and all the little things that happen.

■ **If you are interested in becoming a childminder, or using one to care for your child, contact the council's Family Information Service on 7364 6495 or email fis@towerhamlets.gov.uk**





## A muse worth millions

Much of Bacon's work from the 1960s consisted of studies of George Dyer. The impecunious Cockney burglar was worth millions to the artist, and was rewarded handsomely.

## Got a story to tell?

If you have a tale about East End history, write to John Rennie or email him at [johnrennie@gmail.com](mailto:johnrennie@gmail.com)

SEE BELOW

[WWW.EASTLONDONHISTORY.COM](http://WWW.EASTLONDONHISTORY.COM)

### History

# Bacon's taste for rough diamonds

BY JOHN RENNIE

**IT'S a fabulous story. The millionaire artist returns to his studio to find a cat burglar forcing an entrance through a skylight.**

Rather than calling the police, the grand old man of Irish painting sits the young Cockney miscreant down, pours him a glass of decent red. The thief becomes the artist's lover and muse, inspiring many millions of pounds-worth of canvases.

Fabulous, and utter fiction, for Francis Bacon's skill with a brush was only matched by his facility with an anecdote... and never mind if it was a confection.

The Irish artist's first brush with George Dyer was, in truth, in a Soho bar, but it was a significant centrepiece in a triptych of encounters with East Enders from the rougher side of the tracks. For a man who was venerated everywhere he went, his genius constantly proclaimed, they made a refreshing change.

The first encounter was with the Kray twins. When Mr Justice Melford Stevenson sent Ronnie and Reggie Kray to prison in 1969, he famously opined that "society has earned a rest from your activities."

But at the height of the Swinging Sixties, London society loved flirting with the dark side. In the clubs of the West End, pop stars, painters, lords, ladies and career criminals mingled freely, though it was in Tangiers, Morocco, that Bacon bumped into the twins.

His appraisal was typically double-edged: "They were dreadful, of course, just killing people off and so on, but at least they were really different from everybody else – they were prepared to risk everything."

And when George Dyer entered the artist's life in 1964, seated at a Soho bar rather than emerging through a skylight, there was a taste of the same excitement.

Bacon confirmed the true story in a less mischievous moment, saying: "George was down the end of the bar and he came over and said 'You all seem to be having a good time, can I buy you a drink?'"

**Above: Three Studies for a Portrait of John Edwards – Bacon's long-time friend and protector**

**Right: the artist and (far right) his previous muse George Dyer, who descended into alcoholism, pictured in Bacon's studio, (c) John Deakin**



Dyer was 30 years old and had spent more years in prison than out. An East Ender who wore the immaculate Kray uniform of muscular form encased in black suit and tie, this tough exterior concealed a vulnerable man. Gay and from a chaotic, criminal East End family, he was looking for a home – and found it for a while with Bacon.

For Bacon, already in his mid-50s, the attraction wasn't merely physical. He delighted in George's debunking, often unconscious, of the art world. Dyer would match him drink for drink, while expressing loud astonishment that Bacon's works could sell at all, let alone for millions.

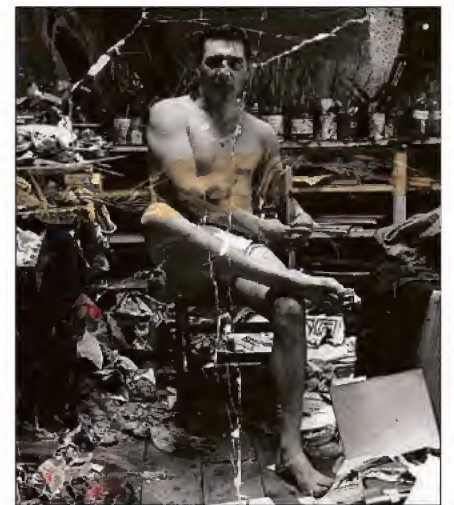
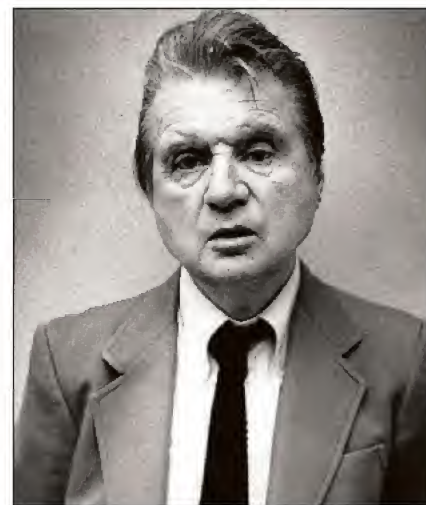
He also provided a muse for Bacon. Much of his work from the 1960s consisted of studies of Dyer. The impecunious Cockney burglar was worth millions to the artist, and was rewarded handsomely. He became a kept man and, from initially mocking the work, began proudly pointing out which paintings were inspired by him.

It was a relationship fatally unbalanced. The artist, while being a heroic drinker, also possessed a steely discipline. No matter how much booze he had consumed, he would rise early to paint. George, meanwhile, with no purpose but to be Bacon's foil, sank deep into alcoholism.

Bacon tried to sideline him, offering generous financial settlements. George became desperate. He called the police, ineptly trying to frame Francis for drug possession. And he attempted suicide on several occasions.

Eventually he succeeded. Insisting on an invitation to Bacon's retrospective at the Grand Palais in Paris in 1971, George found himself snubbed by the painter, who was consumed by arrangements for the show and interviews with the press. Two days before the opening, Dyer was found dead in his hotel bathroom, from an overdose of sleeping pills. Bacon went on with the show.

For Bacon the work always came first, but the guilt went deep. "If I'd have stayed with him rather than going to see about the exhibition, he would be here now," said Bacon years later. "But I didn't and he's dead."



Hard to be a footnote in somebody else's life, but this "compact and chunky force of nature" found a place in history he never found while he lived. The Portrait of George Dyer Talking sold last year for £42 million.

The third part of Bacon's Cockney triptych arrived in Francis' life three years after George's death. John Edwards was one of six children of an East End docker, and in 1974 was working as a barman in Stratford's Swan pub. Muriel Belcher, owner of famous artists' haunt the Colony Room in Soho, was a regular at The Swan and told John that she was bringing a 'famous painter' pal to the pub, and asked him to lay in champagne. They never showed, and the pub was left with an expensive case of fizz (not a popular tippie with the regulars).

Weeks later, Edwards was himself a guest at the Colony Room, where he bluntly chastised the painter for not turning up. Bacon loved the lack of fawning and invited John to Wheeler's restaurant. The 25-year-old Cockney, dyslexic and unable to read, scanned the menu and ordered caviar. Weeks later, visiting Bacon's studio, Edwards was amazed to see a portrait of himself.

They quickly became inseparable, breakfasting together at Francis' South Kensington studio, where the painter would fry an egg – Francis eating the white, John the yolk. Forever more, Edwards would call his friend 'Eggs'. But if firmly yoked together, it was a very different

relationship from that of Bacon and Dyer.

Edwards was a gay Cockney, and much more sensitive than his tough exterior would suggest, but he was also streetwise and robust. He made it his job to protect Francis from hangers-on. (Entering a bar, Francis would often produce £50 notes and demand drinks for everyone.)

When the two went gambling together, John would always ensure a handful of Francis' casino chips were hidden in his pocket, to ensure the artist didn't spend too much. And such was the trust that, in 1988, Edwards was deputed to represent Francis at an exhibition in Moscow. The Cockney barman had become a curious mix of muse, friend and agent.

Perhaps crucially, he hadn't become a lover. They insisted they were just pals, and John had his own long-term partner.

By 1992, when Bacon died, Edwards was living in a Suffolk farmhouse bought for him by his friend. He was devastated by the death but, inheriting the artist's entire £11 million estate (he was the subject of at least 20 of the paintings), set about organising things with his customary vigour.

The contents of the South Ken studio were given to Dublin's Hugh Lane Municipal Gallery of Modern Art, and he established a charitable foundation to promote the study of Bacon's work.

John Edwards died of cancer in 2003, at the age of just 53.

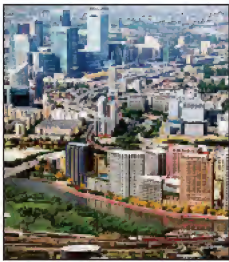
**Pictures used with the permission of, and thanks to, the estate of Francis Bacon**



# Isku soo dhawaashada

War iyo wacaal waxaad haysaan u soo dir boga isku soo dhaweynta bulshada ee East End Life.

7364 3179



# লন্ডন সিটি আইল্যান্ডে আসছে ইংলিশ ন্যাশনাল ব্যালে

ইস্ট লন্ডনের ক্রমবর্ধমান শিল্পাঙ্গণ আরও সম্প্রসারিত হতে চলেছে। বিশ্ববিখ্যাত ব্যালে নাচের প্রতিষ্ঠান ইংলিশ ন্যাশনাল ব্যালে তাদের কার্যক্রম নিয়ে আসছে ক্যানারী ওয়ার্ফের পাশে লন্ডন সিটি আইল্যান্ডে। ক্ল্যাসিক্যাল নাচের মূর্ছনা নিয়ে তারা আসছে প্রোপারটি ডেভেলপার ব্যালিমোরের পার্টনার হয়ে। বিস্তারিত পড়ুন নিচে।

LONDON CITY ISLAND HOME FOR NATIONAL BALLET CENTRE

## Harmony

# Iska jooji buuriga Ramadaanta

## Quit tobacco for Ramadan and for life – issue 1061

**CAAWIMO soconaysa illaa bisha Ramadan ayaa u diyaar ah dadka muslim-ta ah ee buuriga isticmaala, taasoo ah inay helaan taageero ku saabsan siday buuriga isaga joojin lahaayeen.**

Waxa jira olole la bilaabay 15kii May oo lagu magacaabay “Joojinta Buuriga intaan Ramadaan bilaabmin”, iyadoo lix todobaad ka hadhsan tahay Ramadaan oo ku beegan usbuuca bilaabmaya 18ka Juun\_ si loo hubiyo in la helo waqti ku filan oo lagu joojiyo jamashada daroogada tubaakada ku jirta inta soonta lagu jiro.

La taliyayaasha joojinta cabitaanku waxay diyaar ku yihiin meel kasta oo degmada ka mid ah, waxayna bixinayaan talo bixin bilaash ah iyo taageero ku saabsan sidii laysaga joojin lahaa cabitaanka buuriga, iya-goo bixinaya kulamo gaar ah illaa Ramadaanta.

Tubaakada aad loo cabo (calaashada buuriga ‘sada’ iyo ‘zarda’) waxa si aad ah u isticmaala bulshada Koonfurta

Aasiya iyagoo ku dhexdara Be-taal nut iyo paan leaf. Tower Hamlets waa meel ka mid ah meelaha sida aad ah loogu cabo buuriga iyo walxaha kale sida badeecada.

Inkastoo Tower Hamlets ay tahay meelaha buuriga aad loogu cabo marka la eego London, hadana cabitaanka heer-ka buurigu hoos ayuu u dhacay.

Laga bilaabo 2013kii-2014kii in kabadan 4,000 qof ayaa saxexay inay uga baahan yihiin taageero iyo talo bixin adeegyada degmada ee bilaashka ah.

Ololaha joojinta cabitaanka buuriga inta ka horeysa Ramadan waxa la wadayaa, iyadoo ay wada shaqay-nayayaan talobixiyayaasha joo-jinta cabitaanka, imaamyada, tababarayaasha cafimaadka, xirfadlayaasha caafimaadka, iyo Black Minority Ethnic (MBE) mashruuca joojinta buuriga.

Si aad u hesho talo bixin ku saabsan joojinta cabitaanka ama calaashiga buuriga, booqo mid ka mid ah meelaha hoos ku xusan si aad uga hesho khubaro talo ku siisa:

■ Arbacada, 10ka Juun, 10-4ta galabnimo – With Cancer Research UK, Asda Isle of Dogs 151 East Ferry Road, E14 3BT

■ Kulan joogto ah Salaasa kasta, 12.30-2.30ta galabnimo – Darul Ummah Mosque, 56 Bigland Street, E1 2ND

■ Kulan joogto ah Arbaca kasta, 12.30-2.30ta galabnimo – Brick Lane Mosque

■ Kulan joogto ah Khamiis kasta, 1-3ta galabnimo – East London Mosque

■ Kulan joogto Ah Jimce kasta, 1-3ta galabnimo – Brick Lane Mosque.

Farmasiga ama dhakhtarka xaafadaada wuxu kusiin karaa talo ama taageero ku saabsan joojinta buuriga waqti kasta.

Haddaad u baahato inaad la hadasho xubin ka mid MBE mushruuca joojinta buuriga oo Ingiriisi ama Somali, wac tilifoonka 020 7882 8669 (du-marka) ama 020 7882 8660 (nimanka).

Macluumaad ku saabsan adeega joojinta cabitaanka booqo: [www.towerhamlets.gov.uk/stopsmoking](http://www.towerhamlets.gov.uk/stopsmoking)

# Mushruuca gunada guryo cusub

## Council’s homes bonus – issue 1060

**COUNCILKU wuxu £24.8 ka helay qaybta dawlad-da u qaabilsan mashruuca gunada guryo cusub.**

Tower Hamlets waxay heshay in ka badan inta ay heleen degmooyinka kale ee wadanku.

Maalgelintani waxay ka mid tahay sanad dhaqaaleedka 2015-16, waxana loo aqoonsaday barnaamijka dhismaha iyo horumarinta guryaha ee degmada.

Intii u dhaxaysay 2011kii iyo 2015kii waxay Tower Hamlets guryaheeda ku kordhisay 14,547, waayna dib ula soo noqdeen 769 guryo madhan ah, si ay u isticmaalaan.

Aman Dalvi, oo ah agaasimaha isutaga horumarinta iyo dibuhabaynta ayaa yidhi ee councilka ayaa yidhi: “Mar labaad dawladu waxay aqoonsatay shaqada adag ee aynu qaban karno, maalin kasta, si aynu ugu dhiso guryo kiradooda la awoodi karo dadka degan degmadan.

“Waa ballanqaadkayaga inaanu hubino in Tower hmalets noqoto meel ku haboon in qof kastaa ku noolaan karo.”

Ilaa intii uu bilaabmay mashruuca gunada guryaha cusubi 2010kii, Tower Hamlets waxay heshay deeqdii ugu badnayd markaa loo eego degmooyinka kale ee UK.

Waxayna heshay £74.7 million shan sano gudahood. Deeqdan ku saabsan guryaha cusub waxa bixiya dawlada dhexe oo siisa degmooyinka si loogu dhiso guryo dheeraad ah.

Dhisidda guryaha cusubi waxay qayb ka tahay istiraajiyada councilka – Meel wa wanaagsan oo lagu noolaan karo.

Ujeedadani waxa weeye: “In laga dhigo degmada meel dadku ku noolaan karaan, guryo tayo leh oo kiradooda la awoodi karo leh, kuna yaala xaafado nadiif ah oo nabadge-lyo ah, adeegooduna wacan ya-hay, si fududna loo heli karo adeegyada iyo waxqabadyada bulshada.”

# বিশ্বখ্যাত ইংলিশ ন্যাশনাল ব্যালে আসছে ইস্ট লন্ডনে

## English National Ballet moves to London City Island – page 2

ইস্ট লন্ডনের ক্রমবর্ধমান শিল্পাঙ্গণ আরও সম্প্রসারিত হতে যাচ্ছে। বিশ্বমানের ক্ল্যাসিক্যাল ব্যালে নাচের প্রতিষ্ঠান ইংলিশ ন্যাশনাল ব্যালে (ইএনবি) আসছে ক্যানারী ওয়ার্ফের পাশে লন্ডন সিটি আইল্যান্ডে।

একটি আবাসন প্রকল্পের পার্টনার হিসেবে লন্ডন সিটি আইল্যান্ডে ইএনবি নিয়ে আসছে ক্ল্যাসিক্যাল ব্যালে নাচের মূর্ছনা। এখানে একটি অত্যাধুনিক রিহাৰ্সাল স্পেস ব্যবহার করবে ইএনবি, ফলে ব্যালে নাচের অসাধারণ ম্যাজিকে মুগ্ধ হওয়ার সুযোগ পাবেন পথচারীরা। একটি নতুন ব্যালে স্কুলও সেখানে প্রতিষ্ঠা করা হবে।

প্রোপারটি ডেভেলপার ইকো ওয়ারল্ড ব্যালিমোর লন্ডন সিটি আইল্যান্ডের উন্নয়ন কাজের দ্বিতীয় ধাপে বিশ্বখ্যাত জাতীয় প্রতিষ্ঠান ইএনবির সাথে তাদের এই পার্টনারশিপের কথা ঘোষণা করেছে।

পরিকল্পনা অনুযায়ী, ব্যালে নাচের রিহাৰ্সাল স্পেসের উইনডো থাকবে ফ্লোর থেকে সিলিং পর্যন্ত বিস্তৃত, ফলে পথচারীরা বিশ্ববিখ্যাত এই প্রতিষ্ঠানের ব্যালে নাচের ম্যাজিক-মুহূর্তগুলো উপভোগের সুযোগ লাভ করবেন।

প্রস্তাবিত ব্যালে নাচের নতুন স্কুলটি ব্যবহার করবে লন্ডন সিটি আইল্যান্ডের আউটডোর পাবলিক স্পেসগুলো, ফলে ইস্ট লন্ডনের অধিবাসীদের জীবন-স্পন্দনের কাছে পৌঁছে যাবে বিশ্বব্যাপ্ত এই ক্লাসিক নাচটি।

উল্লেখ্য, লন্ডন সিটি আইল্যান্ডের উন্নয়ন কাজের দ্বিতীয় ধাপে ব্যালিমোর ১২ একর জমির ওপর দুটি ব্লক জুড়ে নির্মাণ করছে ৪১৭টি নতুন



Alina Cojocaru in rehearsal

(c) Laurent Liotardo

ঘর। নতুন এই আবাসন প্রকল্পে থাকবে সেরা সব রেস্টুরেন্ট, শপ, খোলা রাখা স্থানে থাকবে পাবলিক আর্ট ও ডিজাইন প্রদর্শনী এবং ওই ওপেন স্পেসগুলোতে থাকবে সৃজনশীল বিভিন্ন উপস্থাপনার সুযোগ।

বাসিন্দাদের জন্যে আরও থাকবে একটি এক্সক্লুসিভ রেসিডেন্টস ক্লাব। সেখানে থাকবে স্ক্রিনিং রুম, জিম, এটেনডেন্ট সার্ভিস

এবং লাল রঙে বর্ণিত প্রাণবন্ত একটি সুইমিং পুল। বিশ্বনগরী শিকাগো, ম্যানহাটান ও টোকিওর ডিজাইনের আলোকে লন্ডন সিটি আইল্যান্ডের স্থাপত্যশৈলী তৈরী করা হয়েছে। এপার্ট-মেন্টগুলোর ডিজাইন করা হয়েছে লীমাউথের ইতিহাস ও ইস্ট লন্ডনের সৃজনশীল চেতনার আলোকে।

# ১ জুন থেকে চাইল্ড সেইফটি উইক

## Putting children’s safety first – p6

বার্ষিক চাইল্ড সেইফটি উইক পালিত হবে ১ জুন থেকে ৭ জুন পর্যন্ত। চাইল্ড এক্সিডেন্ট প্রিভেনশন ট্রাস্ট (সিএপিটি) এই সপ্তাহ পালনের উদ্যোক্তা।

অনিচ্ছাকৃত আঘাতের কারণে বিশেষ করে এক থেকে পাঁচ বছর বয়সী শিশুরা প্রধানত যে সব পরিণতির মুখোমুখি হয়ে থাকে, তার মধ্যে রয়েছে, রোধ করা সম্ভব এমন মৃত্যুর শিকার হওয়া, আঘাত গুরুতর আকার ধারণ করা এবং প্রতিবন্ধী (ডিজএবল) হয়ে পড়া।

টাওয়ার হ্যামলেটস কাউন্সিলের এসোসিয়েট ডাইরেক্টর অব পাবলিক হেলথ এসথার ট্রেনচার্ড-মাবীর বলেছেন: আমরা জানি পেরেন্টস ও কেয়ারাররা কতো ব্যস্ত থাকেন। এই সপ্তাহ পালনের মধ্য দিয়ে শিশুদের নিরাপদ রাখার উপায়গুলো তাঁদের মনে করিয়ে দেয়া হয়।

সবচেয়ে বেশি যেসব কারণে শিশুদের

এক্সিডেন্ট এন্ড ইমারজেন্সিতে নিয়ে যাওয়া হয় সেগুলো হচ্ছে: পুড়ে যাওয়া, বিষক্রিয়ার শিকার হওয়া ও পড়ে আঘাত পাওয়া। এসব দুর্ঘটনা রোধে কিছু পরামর্শ:

### জ্বলে যাওয়া বা পুড়ে যাওয়া

■ সব ফায়ার ও হিটারে ফায়ারগার্ড ফিট করুন। কয়লা বা কাঠের ফায়ার হলে স্পার্কগার্ড ব্যবহার করুন।

■ গার্ড থাকলে তা ৫-এর কম বয়সীদের আগুনের মধ্যে পড়ে যাওয়া বা সে পর্যন্ত পৌঁছানো রোধ করে।

■ গরম ড্রিঙ্ক শিশুদের হাতের নাগালের মধ্যে রাখবেন না। শিশু ও ছোট বাচ্চারা নিচু টেবিল বা ফ্লোরে রাখা কাপ ও মগ নিজেদের দিকে টেনে নিতে পারে, এর ফলে গরম ড্রিঙ্ক

তাদের গায়ে পড়ে যেতে পারে।

■ শিশুকে আপনার কোলে বসিয়ে বা হাতের ওপর রেখে গরম কোন কিছু পান করবেন না।

■ গরম হয়ে ওঠা কোন সরঞ্জাম ব্যবহার শেষ হওয়ার সাথে সাথেই সেটির সুইচ অফ করে দেবেন। সম্ভব হলে সেগুলো নাগালের বাইরে সরিয়ে রাখুন। এসব সরঞ্জামের মধ্যে আছে আয়রন, হোয়ার স্ট্রেইটনারস এবং কার্লিং টং (চুল বাঁকানোর সরঞ্জাম)। এগুলোর কর্ডও নাগালের বাইরে নিরাপদ স্থানে সরিয়ে রাখুন।

আরও তথ্য পেতে ভিজিট করুন: [www.capt.org.uk/safety-advice](http://www.capt.org.uk/safety-advice)

আপনার শিশুকে নিরাপদ রাখার বিষয়ে আরও তথ্য জানতে এনএইচএস চয়েস ভিজিট করুন: [www.nhs.uk](http://www.nhs.uk)





## অ্যানা ফ্রাঙ্ক প্রদর্শনী হোয়াইটচ্যাপেল আইডিয়া স্টোরে

৩১ মে পর্যন্ত হোয়াইটচ্যাপেল আইডিয়া স্টোরে অনুষ্ঠিত হচ্ছে 'অ্যানা ফ্রাঙ্ক এন্ড ইউ' শিরোনামের প্রদর্শনী। দেশজুড়ে ভ্রাম্যমান এই এক্সিবিশনের দশম বর্ষ পূর্তি হচ্ছে চলতি ২০১৫ সালে। এ পর্যন্ত বিভিন্ন স্কুলের ১৫০০ ছাত্র-ছাত্রী এই এক্সিবিশন ভিজিট করেছে। আরও বিবরণ পড়ুন এ পৃষ্ঠার ওপরের সর্বদানের সংবাদে:

IDEA STORE HOSTS ANNE FRANK & YOU EXHIBITION

## ঐকতান

Send your Bengali and Somali news to Harmony, East End Life, Town Hall, 5 Clove Crescent, Poplar E14 2BG.

7364 4944

## Harmony

Less than two weeks until Stepney Green ward and mayoral elections – 1061

# ১১ জুনের নির্বাচনে ভোটাধিকার প্রয়োগের আহবান

১১ জুন টাওয়ার হ্যামলেটসের মেয়র ও স্টেপনী গ্রীন ওয়ার্ডে একজন কাউন্সিলার পদের নির্বাচনে ভোটাধিকার প্রয়োগের জন্যে বারার বাসিন্দাদের প্রতি আহবান জানানো হয়েছে। নির্বাচনের আর দু সপ্তাহও এখন বাকি নেই। বারার বাসিন্দা যারা এরই মধ্যে ভোটার হিসেবে রেজিস্টার্ড হয়েছেন, তাঁরা সকলেই এর মধ্যে অফিসিয়াল পোল কার্ড পেয়ে যাওয়ার কথা। কখন, কোথায় এবং কিভাবে ভোট দিতে হবে, পোল কার্ডে সে সম্পর্কে সবকিছু বলা আছে।

আপনি যদি পোল কার্ড হারিয়ে ফেলেন, তাহলে কাউন্সিলের অনলাইন পোলিং স্টেশন ফাইন্ডারের সাহায্যে আপনার নির্দিষ্ট পোলিং স্টেশন সম্পর্কে জেনে নিতে পারবেন। এজন্যে ভিজিট করুন: [www.towerhamlets.gov.uk/vote](http://www.towerhamlets.gov.uk/vote) অথবা ফোন করুন ইলেক্টোরাল সার্ভিসেস হেল্পলাইনে-০২০৭ ৩৬৪ ০৮৭২ এই নাম্বারে।

নির্বাচনী প্রক্রিয়ার গ্রহণযোগ্যতা নিশ্চিত রাখতে টাওয়ার হ্যামলেটস কাউন্সিল, পুলিশ ও ইলেক্টোরাল

াল কমিশনের সাথে একযোগে কাজ করছে। নির্বাচনে কোন রকমের জালিয়াতির বিষয়ে আপনার কোন উদ্বেগ থাকলে রিপোর্ট করুন: [THElections@towerhamlets.gov.uk](mailto:THElections@towerhamlets.gov.uk) – এই ইমেইলে।

### কি করে ভোট দিতে হবে

১১ জুন সকাল ৭টা থেকে রাত ১০টা পর্যন্ত পোলিং স্টেশনসমূহে ভোট নেয়া হবে। আপনার পোলিং স্টেশন কোথায় তা আপনার পোলিং কার্ডে উল্লেখ থাকবে। আপনি যদি ইলেক্টোরাল রেজিস্টারে তালিকাভুক্ত থাকেন, তাহলে ভোট দিতে আপনার পোলিং কার্ডের প্রয়োজন পড়বে না, পোলিং স্টেশনে গেলে স্টাফরা আপনাকে এ ব্যাপারে সাহায্য করবেন।

মেয়র পদের নির্বাচনে আপনার ভোট দুটি। একবার আপনি ভোট দিতে পারবেন আপনার ফার্স্ট চয়েস ক্যান্ডিডেটকে এক নাম্বার কলামের বক্সে ট্রাস চিহ্ন দিয়ে। দ্বিতীয় ভোটটি আপনি দিতে পারবেন আপনার সেকেন্ড চয়েস

ক্যান্ডিডেটকে দুই নাম্বার কলামের বক্সে ট্রাস চিহ্ন দিয়ে।

সেকেন্ড চয়েস ভোট দেয়ার কোন বাধ্যবাধকতা নেই, তবে ফার্স্ট চয়েস ভোট না দিলে আপনার ব্যালট পেপার গণনা করার সুযোগ নেই। একই ক্যান্ডিডেটকে আপনি দুবার ভোট দিলে আপনার সেকেন্ড চয়েস ভোট গণনায় ধরা হবে না।

শুধুমাত্র স্টেপনী গ্রীন ওয়ার্ডের বাসিন্দারা এই ওয়ার্ডের একজন কাউন্সিলার পদের নির্বাচনে ভোট দিতে পারবেন। এই পদে কেবলমাত্র একজন ক্যান্ডিডেটকে ভোট দিতে হবে। আপনার পছন্দের ক্যান্ডিডেটের নামের পাশের বক্সে ট্রাস চিহ্ন দিয়ে ভোট দিন।

রাত ১০টায় ভোট গ্রহণ শেষ হওয়ার পর ভোট গণনা শুরু হবে এবং তা শেষ হওয়ার পর রিটার্নিং অফিসার টাওয়ার হ্যামলেটসের মেয়র ও স্টেপনী গ্রীন ওয়ার্ডের কাউন্সিলার পদে নির্বাচিতদের নাম ঘোষণা করবেন। কাউন্সিলের ওয়েবসাইটেও নির্বাচনী ফলাফল প্রকাশ করা হবে।

### আপনার ভোট অন্য কারও হাতে ছেড়ে দেবেন না

আপনার ভোট অন্য কারও হাতে ছেড়ে দেবেন না বা নির্দিষ্ট কোন পদ্ধতিতে ভোট দেয়ার জন্যে আপনার ওপর চাপ সৃষ্টির কোন সুযোগ অন্য কাউকে দেবেন না।

পোলিং স্টেশনে গিয়ে ভোট দিলে আপনাকে অবশ্যই ক্লার্কের কাছ থেকে ব্যালট পেপার সংগ্রহ করতে হবে, এরপর একটি পোলিং বুথ গিয়ে গোপনীয়তা রক্ষা করে ভোট দিতে হবে। আপনার ব্যালট পেপার আর কারও হাতে দেবেন না এবং আইন অনুযায়ী প্রাপ্তবয়স্ক আর কেউ আপনার সাথে পোলিং বুথে যাওয়ার কথা নয়।

আপনি পোস্টাল ভোটার হয়ে থাকলে পোস্টাল ভোটিং স্টেটমেন্ট ও ব্যালট পেপার নিজে প্রস্তুত করুন, কমপ্লিট করা ডকুমেন্টগুলো এনভেলোপ বি-তে ভরে তা পোস্ট করে দিন দ্রুত।

আপনার পক্ষে কমপ্লিট করার জন্যে ব্যালট পেপার বা পোস্টাল ভোটিং প্যাক অন্য কাউকে কোন অবস্থাতেই দেয়া যাবে না।

## Anti-fraud measures

১১ জুনের নির্বাচন উপলক্ষে ভোট জালিয়াতি রোধে যে কঠোর ব্যবস্থা নেয়া হচ্ছে, এ পর্যন্ত যুক্তরাজ্যে তার প্রয়োগ হয়েছে খুব কমই। টাওয়ার হ্যামলেটস কাউন্সিল, পুলিশ ও ইলেক্টোরাল কমিশন যৌথভাবে পুরো নির্বাচনী প্রক্রিয়ার সকল স্তরেই সব ধরনের প্রতারণা ঠেকানো ব্যবস্থা নিয়েছে।

নির্বাচনের দিন সকল পোলিং স্টেশনে পুলিশ জটলা পাকাতে দেয়া হবে না। ভোটারকে বাধা দেয়া ঠেকাতেও কড়া পুলিশী নজর থাকবে। ভোটাররা যেন সহজে ভোট কেন্দ্রে গিয়ে নির্বিঘ্নে ভোট দিতে পারেন, সেটা নিশ্চিত করাই এসবের উদ্দেশ্য।

রিটার্নিং অফিসারের কাছে নির্বাচনের বিষয়ে দাখিল করা সকল অভিযোগ সম্পর্কে পূর্ণাঙ্গ তদন্ত করে দেখা হবে এবং অভিযোগের প্রতিকারে ব্যবস্থা নেয়া হবে।

আসন্ন নির্বাচনে জালিয়াতির সম্ভাবনা সম্পর্কে উদ্বেগ থাকলে ইমেইলে রিপোর্ট করুন:

[THElections@towerhamlets.gov.uk](mailto:THElections@towerhamlets.gov.uk)

### News in brief

‘অ্যানা ফ্রাঙ্ক এন্ড ইউ’ - প্রদর্শনী চলছে আইডিয়া স্টোর হোয়াইটচ্যাপেলে

হোয়াইটচ্যাপেল আইডিয়া স্টোরের চতুর্থ তলায় অ্যানা ফ্রাঙ্ক এন্ড ইউ প্রদর্শনী অনুষ্ঠিত হচ্ছে। প্রাপ্তবয়স্ক এবং ১০ ও তার বেশি বয়সী শিক্ষার্থীদের জন্যে অ্যানা ফ্রাঙ্ক ট্রাস্টের এই প্রদর্শনী চলবে ৩১ মে পর্যন্ত।

গোপন একটি বাড়তি কোঠার যে রুমে অ্যানা ফ্রাঙ্ক আত্মগোপন করে ছিলেন, তার একটি পূর্ণাঙ্গ মডেল বানিয়ে তাতে এই এক্সিবিশন সাজানো হয়েছে। এতে তুলে ধরা হয়েছে অসাধারণ এই কিশোরী ও তার বিখ্যাত ডায়েরীর সময়কাল।

এর ওপর ভিত্তি করে বিভিন্ন ইন্টারএকটিভ প্যানেল আজকের দিনে সমাজ ও মানুষের ওপর সংস্কারের প্রভাব তুলিয়ে দেখছে, এই প্রক্রিয়ায় বিশ্লেষণ করে দেখা হচ্ছে স্টিফেন লরেনের হত্যাকাণ্ড, ফুটবলের জগতে বর্ণবাদ এবং পাকিস্তানের স্কুলছাত্রী মালারা ইউসুফজাইয়ের বীরত্বগাথা।

■ The above story is: Anne Frank & You exhibition at Idea Store – issue 1061.



Lila, 3, and sister Arwen, 8, on a frog hunt in Victoria Park

## মজাদার হুল্লোড়ের মাঝে হাফ টার্ম কাটালো শিশুরা

Half-term fun around the borough – see page 7



Afreen, 7, gets creative

হাফ টার্মের শেষটা বৃষ্টিতে ভিজ়ে স্যাঁতসেতে হলেও শিশু শিক্ষার্থীরা দমে যায়নি। তারা নৌকা বাওয়া, মাছ ধরা, আর্টস এন্ড ক্র্যাফটস আর বিএম এক্স বাইকিংয়ের হুল্লোড়ে সময়টা দারুণ উপভোগ করেছে। ভিক্টোরিয়া পার্কে ফান উপভোগে অংশ নিয়েছে কয়েক শ' শিশু। হাফ টার্মের মজাদার কর্মসূচিতে ছিলো কাউন্সিলের ওয়েস্ট কন্সট্রাক্টর ভিলিয়া আয়োজিত তিনটি ট্রেজার হান্ট। বারার ফ্রি ইভেন্ট সম্পর্কে জানতে ভিজিট করুন: [www.towerhamlets.gov.uk](http://www.towerhamlets.gov.uk)



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# Barts Heart Centre will save thousands of lives say

## A new chapter in cardio care

BY NINA WARHURST

**THE new Barts Heart Centre is up and running, with world-class facilities which staff say will help save thousands of east Londoners' lives.**

The London Chest Hospital in Bethnal Green closed in April, with services and some staff being transferred over. Barts now offers 250 beds for specialist cardio care and an intensive care unit where there are eight nurses for every patient.

Charles Knight, the senior surgeon and clinical director who oversaw the transition, said: "I loved the chest hospital dearly, but this has been a five-year journey to combine services and provide much more in-depth care. There are specialists in every area on call 24/7. I am very excited for patients. This is the most significant thing that has happened in my 35-year career."

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Barts is now the UK's largest heart centre, and facilities include ten theatres, and ten catheter labs, where experts can analyse arteries. Staff expect to perform more heart surgery than at any other centre in Europe.

One of the first to have a heart bypass at the new site was Barbara Boswell.

"It's sumptuous, isn't it?" said Barbara, 82.

"I loved the nurses at the chest hospital, but they are excellent here too. And it's so modern and pristine. I like that there are support railings everywhere, so I always feel safe."

Mr Knight added: "It was sad to say goodbye to the chest hospital, but one big site can offer much better care than two medium sites."

More than 80,000 patients are expected to pass through over the centre's first year,

I loved the chest hospital dearly, but this has been a five-year journey to combine services and provide much more in-depth care. There are specialists in every area on call 24/7. I am very excited for patients. This is the most significant thing that has happened in my 35-year career."



Charles Knight, clinical director (left)



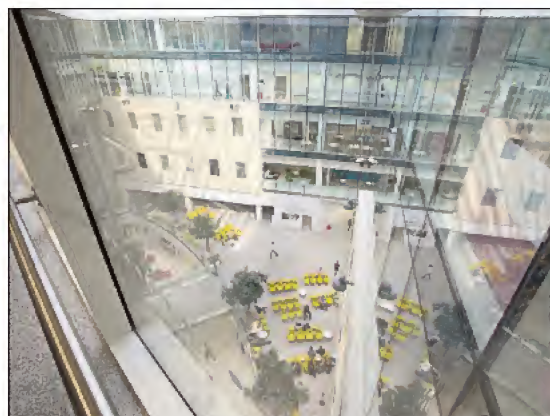
Alex Chamberlain in operating theatre 3

and Barbara thoroughly recommends the new centre: "Well it's like being in a hotel!"

Barts Heart Centre is at the King George V building, St Bartholomew's Hospital, West Smithfield – more details at [www.bartshealth.nhs.uk](http://www.bartshealth.nhs.uk)



Stores of medical equipment



The view from up on high



Coronary bypass patient Annette Eyles

“

It's sumptuous. I loved the nurses at the chest hospital, but they are excellent here too. And it's so modern and pristine.”

Barbara Boswell (right)





# ... staff, following London Chest Hospital's closure



Patients and a nurse in a ward in 1941 with a message of thanks to Americans who sent aid bundles



The Peacock ward



The entrance to the hospital

## On the frontline against disease and the scourge of Nazi bombers

**THE London Chest Hospital was opened in the mid-1800s at a time when tuberculosis was rife in the East End and was responsible for about a fifth of all deaths.**

A group of City merchants and bankers held a meeting in 1848 to discuss setting up a hospital.

By the following year, the organising committee had taken the lease on a site on Bonner's Field, in Bethnal Green, next to the newly laid-out Victoria Park.

This enabled patients to benefit from 'open air' treatment and they were encouraged outside into the park-side grounds.

During the First World War, soldiers suffering from the effects of chlorine

and mustard gas, used as weapons in the trenches of the fields of Flanders, were brought home to be treated at the London Chest Hospital.

Others had developed tuberculosis, pneumonia or bronchitis in the terrible conditions on the frontline but all mostly benefited from the 'treatment' of fresh air and rest.

In the Second World War, the hospital did its bit once more, with half the beds given to victims of air raids.

It also suffered its own casualties – during the Blitz, in 1941, the Luftwaffe destroyed the hospital chapel and the nurses' home.

When the NHS was formed in 1949, the London Chest joined forces with the

Brompton in west London, formerly the Hospital for Consumption and Diseases of the Chest.

Antibiotics started to be used to treat TB effectively, enabling the Bethnal Green hospital to develop other specialist units for cystic fibrosis and heart attack patients.

In recent years it famously treated Bolton Wanderers footballer Fabrice Muamba after he collapsed on the pitch at White Hart Lane in 2012.

David Beckham's father, Ted, was also cared for at the hospital, in 2007.

The London Chest eventually became part of Barts Health NHS Trust, alongside Barts and the Royal London, and its future now lies at the heart of what is the largest health trust in the country



The atrium is full of natural light



Some of the hi-tech surgical equipment



A range of services

The council provides many services for residents and businesses. Go to the A-Z on the website at...

WWW.TOWERHAMLETS.GOV.UK

Council information

Tower Hamlets forward planner

TOWER Hamlets Council produces a forward plan every month detailing the key decisions it will take, together with the details of

the author, and consultation undertaken. It can be found in Idea Stores, libraries, One Stop Shops and council offices or at [www.towerhamlets.gov.uk/data/your-council/data/forward-plan/forward-plan.cfm](http://www.towerhamlets.gov.uk/data/your-council/data/forward-plan/forward-plan.cfm)

Meetings

Tuesday, June 2

6.30pm: Licensing sub-committee

Business includes applications to review premises licence for A1 Brady News, 56 Brady Street, E1 and Muhib Indian Cuisine, 73 Brick Lane, E1.

For more details call

7364 4120 or email [simmr.yesmin@towerhamlets.gov.uk](mailto:simmr.yesmin@towerhamlets.gov.uk)

7.30pm: Standards (advisory) committee

For more details call 7364 4207 or email [elizabeth.dowuona@towerhamlets.gov.uk](mailto:elizabeth.dowuona@towerhamlets.gov.uk)

Thursday, June 4

7pm: Strategic development committee

The meeting will discuss planning applications for: the development with four buildings up to 44 storeys at 3 Millharbour and 6, 7 & 8 South Quay Square, E14; and the

development of the site at 50 Marsh Wall & 68-70 Manilla Street, E14 with three buildings of 20, 32 and 63 storeys including 685 residential units, a 273-room hotel, and a new school and health centre.

For more details call 7364 4877 or email [zoe.folley@towerhamlets.gov.uk](mailto:zoe.folley@towerhamlets.gov.uk)

Wednesday, June 10

6.30pm: Health scrutiny panel

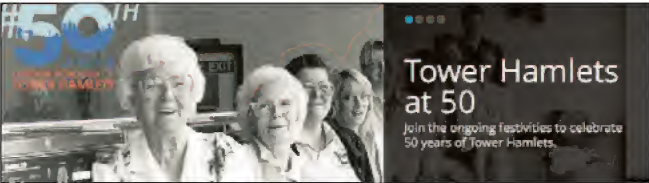
For more details call Elizabeth Dowuona (see left).

Monday, June 15

7pm: Development committee

Moved from June 10. For information call Zoe Folley (see above).

Details are accurate at time of going to press. Agendas are available online a week before meetings, which are at the Town Hall, Mulberry Place, 5 Clove Crescent, Poplar, E14 2BG, except cabinet.



Tower Hamlets online

[www.towerhamlets.gov.uk](http://www.towerhamlets.gov.uk)

For information on council services, including:

- report a missed rubbish collection
- make a doorstep recycling request
- report an abandoned vehicle
- bulk rubbish collections



Get information on welfare reform

The council's benefits service can provide information about housing benefit, council tax benefit and entitlement to free school meals. It has compiled a list of helpful agencies at...

WWW.TOWERHAMLETS.GOV.UK/WELFAREREFORM

Planning

E1

Opposite William Booth Memorial Statue, Mile End Road – statue of Catherine Booth on existing stone plinth.

Footway opposite 119-133 New Road – minor relocation of existing Transport for London cycle hire docking station (on footway on east side of New Road and opposite 119-133 New Road) to contain maximum 36 docking points (same as existing) plus one payment terminal as part of the of the Cycle Superhighway 2 project upgrade works.

E2

106 Old Ford Road – replacement roof covering and creation of arched internal opening dining room and kitchen. Also listed building consent.

E3

38 Arnold Road – reduce height of sycamore tree in rear garden by two metres and reduce spread by one metre.

68 Brokesley Street – application for non-material amendment of planning permission ref: PA/15/00442dated 21/04/2015.

Amendment sought: minor alterations to the application boundary to ensure that the

development is built within the curtilage of the site alterations to the rear ground floor elevation

E14

Bridge House, 24-26 Prestons Road – proposed alteration to existing car parking arrangement. Also listed building consent.

Ground Floor, Balmoral House, 12 Lanark Square – prior notification of change of use from offices to dwelling houses.

5-10 Landmark Square – change of use from retail to gym.

South Quay Plaza, Marsh Wall – request for scoping opinion re. information to be provided in environmental impact assessment accompanying planning application for building comprising residential and retail together with minor material amendments to planning permission PA/14/00944 for construction of two residential-led mixed use buildings.

99 Cordelia Street – addition of rear conservatory with 75 per cent glazing including the roof; extend front elevation of the house to level up with properties above.

29 Oban Street – second floor mansard roof extension.

Jobs help at Idea Stores

NEXT time you take out a book at Idea Store Crisp Street or Whitechapel, why not find out what your options are by visiting an employment adviser?

Skillsmatch, the council's award-winning service which helps businesses across London recruit staff from the borough, now has advisers at both of the venues.

Residents can speak with the experienced advisers to help in their search for work.

Other services provided by Skillsmatch include:

- information on training and



skills that employers want

- advice on job hunting
- help writing a CV or job application
- interview preparation.

Aman Dalvi, the council's

director of development and renewal, said: "By locating employment advisers in these Ideas Stores more local people can access the skills training and job opportunities available.

"The council has a huge range of advice services to offer and this initiative will help support even more people on their journey towards getting work."

Tower Hamlets' employment rate is the highest it has been since recording began in 2004.

The figures, provided quarterly from the Annual Population Survey, show that 68.1 per cent of the borough's working population is in employment.

Drug treatment providers

Community Drug Team

Substitute prescribing, key working, health screening & referral to residential treatment. 71 Johnson Street, E1.

7790 1344

[www.lifeline.org.uk](http://www.lifeline.org.uk)

Nafas

Support with a focus on Bangladeshi community. The Davenant Centre, 179-181 Whitechapel Road, E1 7377 0676.

Harbour Recovery Centre

In-patient detox for 18+ males. Riverside House, 4th Floor, 20 Garford Street, E14. 7538 9421

Young People's Service

Treatment for under-19s Unit 26, Skyline Village, Limeharbour, E14. 3069 7878 [www.lifeline.org.uk](http://www.lifeline.org.uk)

Isis

For women aged over 18 c/o Hopetown Hostel, 60 Old Montague Street, E1. 7426 0399 [www.compass-uk.org](http://www.compass-uk.org)

Community Alcohol Team

Unit 22, Skylines Village Limeharbour, E14. 0800 008 7200 [www.rapt.org.uk](http://www.rapt.org.uk)

Somali Substance Misuse

Help, advice & referral for people with khat, alcohol or drug issues. Contact Idriis Elmi. Mind in Tower Hamlets & Newham, Open House 13 Whitethorn Street, E3. 7510 1081

Your FAMILY ANNOUNCEMENTS

Are you are looking to celebrate or remember someone dear to you?

Whatever you want to say, use East End Life to make your announcement. Your announcement must reach us by the Monday before the publication date you require.

Send the text of your announcement including your contact details to East End Life Family Announcements, Town Hall, Mulberry Place, 5 Clove Crescent, E14 2BG or e-mail to:

[terri.gornall@towerhamlets.gov.uk](mailto:terri.gornall@towerhamlets.gov.uk) | [sharan.ahmed@towerhamlets.gov.uk](mailto:sharan.ahmed@towerhamlets.gov.uk)  
[christine.o'doherty@towerhamlets.gov.uk](mailto:christine.o'doherty@towerhamlets.gov.uk) | [fatima.khan@towerhamlets.gov.uk](mailto:fatima.khan@towerhamlets.gov.uk)

Sizes and prices: 6 x 1 (60mm high x 41mm wide) = £10  
6 x 2 (60mm high x 85mm wide) = £20  
Pre-payment by credit or debit card, cheque (payable to LBTH).

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London E1 0RJ

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WE STILL HAVE SOME PLACES AVAILABLE

Do you have a 2 year old child who would benefit from a place at Pre School?

Please contact: Fahima Begum  
020 7790 2824

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20 7423 9999

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## Register now for free news

Tower Hamlets residents can register for the free news and consultation service giving updates on subjects they choose as often as they want them. For more information visit...

[MY.TOWERHAMLETS.GOV.UK](http://MY.TOWERHAMLETS.GOV.UK)



## Did you get it?

Last week's photo was the wind vane at St John's Church, Bethnal Green.

## Council information

### Town Hall

Town Hall, Mulberry Place,  
5 Clove Crescent, E14 2BG.  
7364 5000

### Hotline numbers

Housing benefits – 7364 5001  
Council tax – 7364 5002  
Parking services – 7364 5003  
Streetline – 7364 5004  
Adult social care – 7364 5005  
Children's services – 7364 5006  
Pest and noise nuisance –  
7364 5007  
Employment & skills service  
(Skillsmatch) – 7364 3727  
Environmental health,  
trading standards & licensing  
– 7364 5008  
Planning & development  
– 7364 5009  
Business rates – 7364 5010  
Recruitment line – 7364 5011  
Electoral services – 7364 0872  
Tower Hamlets Homes  
– 7364 5015  
Healthline – 7364 5016

### General enquiries

Council enquiries – 7364 5020.

### Useful housing numbers

Housing repairs – 0800 376 1637  
Tenancy support – 7364 5544  
Housing advice – 7364 3558  
Homeless service – 7364 7474  
Choice-based lettings  
– 7364 0244  
Homeseekers – 0845 270 2400

### Switchboard

If you know the name of the person or department you wish to speak to, call the switchboard on 7364 5000.



THIS view over Limehouse Marina towards Canary Wharf under the light of a full moon was taken by East End Life reader Selvam Muthiah. If you have photos of your own you would like to see published in East End Life, email them to [eastendlife.news@towerhamlets.gov.uk](mailto:eastendlife.news@towerhamlets.gov.uk) or send them to Photo Poser, East End Life, Town Hall, Mulberry Place, 5 Clove Crescent, Poplar, E14 2BG. They need to be high resolution, at least 1MB and 300 dpi.

### Report it!

**To report an incident, use these 24-hour freephone numbers:**

Non-emergency crimes – 101  
Textphone – 18001 101

If a crime is in progress, there is an emergency or if anyone is in immediate danger dial 999.

**The council's domestic violence team** can provide information, signposting and referrals to local services. Bengali speakers available

0800 279 5434 (office hours)  
**24-hour domestic violence national helpline**  
0808 2000 247  
**Haven Whitechapel (sexual assault referral centre)**  
7247 4787  
**Karma Nirvana (Honour Network Helpline)**  
0800 5999 247  
**Broken Rainbow (LGBT domestic violence)**  
0845 260 4460  
**Black Women's Health & Family Support**  
8980 3503  
**Rights of Women**

**(legal advice)**  
7251 6577

**Victim Support Line**  
0845 30 30 900  
**Victim Support Tower Hamlets**  
8555 8254  
**NSPCC Child Protection Helpline**  
0800 800 5000  
**Childline**  
0800 1111  
**Shelterline**  
0808 800 4444  
**Respect (for perpetrators)**  
0845 122 8609

**Reunite (advice about child abduction)**  
0116 2556 234  
**Men's Advice Helpline**  
0808 8010 327  
**Samaritans**  
08457 909090

**Tower Hamlets Mediation Service offers confidential and impartial advice with neighbour conflict**  
Free service for council tenants and leaseholders. 7702 8305

**Trading standards**  
Consumer Direct: 08454 040506

### Walk-in services

#### One Stop Shops

**Bethnal Green** – 1 Rushmead, off Bethnal Green Road, E2  
**Bow & North Poplar** – John Onslow House, 1 Ewart Place, E3  
**South Poplar** – 15 Market Square, Chrisp Street, E14  
**Stepney & Wapping** – Idea Store Watney Market, 260 Commercial Road, E1.  
**Open Mon-Fri, 9am, doors close at 4.30pm. Sat, 9am, doors close 12.30pm at Rushmead and Idea Store Watney Market only.**

### Idea Stores

**Bow** – Gladstone Place, E3.  
**Canary Wharf** – Churchill Place, Canary Wharf, E14.  
**Chrisp Street** – Vesey Path, E14.  
**Whitechapel** – 321 Whitechapel Road, E1. 7364 4332  
**Watney Market** – Commercial E1. 7364 4332  
All open: Mon to Thurs, 9am-9pm; Fri, 9am-6pm; Sat, 9am-5pm. Sundays – Bow and Chrisp Street open, 10am-4pm; Whitechapel, 11am-5pm; and Canary Wharf, 12-6pm.

### Libraries

**Bethnal Green** – Cambridge Heath Road, E2. 8980 3902  
**Cubitt Town** – Strattondale Street, E14. 7987 3152  
All open: Mon, Tues, Weds & Fri, 10am-6pm; Thurs, 10am-8pm; Sat, 9am-5pm.  
**Local History Library and Archives** – 277 Bancroft Road, E1. Open Tues, 10am-5pm; Weds, 9am-5pm; Thurs, 9am-8pm; Sat (1st & 3rd of the month), 9am-5pm.  
7364 1290; email [localhistory@towerhamlets.gov.uk](mailto:localhistory@towerhamlets.gov.uk)

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### MAIN SCHOOL OPEN MORNINGS 2015

*Please arrive at 9.45am*

*Tours run from 10.00am to 11.00am*

#### June 2015

Wednesday 3rd June  
Wednesday 10th June  
Wednesday 17th June  
Wednesday 24th June

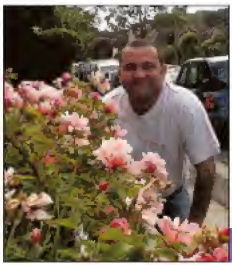
#### July 2015

Wednesday 1st July  
Wednesday 15th July

visit [www.sjcr.net](http://www.sjcr.net) to find out more







## The flower that keeps on giving

"The English garden is incomplete without one or possibly many roses. These plants really just give and give, and with minimum fuss. They are a must-have in any horticultural situation."

CHRIS COLLINS, BROADCASTER AND FORMER BLUE PETER GARDENER

## An end to surprise fees

Legislation for agents' fees is in Part 3 – Duty of Letting Agents to publicise fees – of the Consumer Rights Act 2015.

SEE STORY BELOW

### Property

# New law on letting fees

## Agents must publish all charges

BY STEFAN SWIFT

**TENANTS will no longer be hit by surprise charges under new legislation requiring all letting agents to publish their fees.**

The council is asking agents to make sure all fees, charges or penalties for landlords or tenants for letting and property management works are publicised.

They need to provide a comprehensive list of everything that a landlord or a tenant would be asked to pay before, during or after a tenancy.

The legislation states that a list of fees must be clearly on view at the agent's premises,

anywhere that the agent deals face-to-face with customers or on a website if they have one.

Ill-defined terms such as 'administration cost' must not be used and the list of fees must be comprehensive. There should be no surcharges or hidden fees and all costs must include tax.

Where a fee cannot be reasonably determined in advance, the list should describe how a cost is finally calculated.

The council's trading standards team is planning to visit all agencies over the next 12 months to check compliance.

For details call 7364 5008 or email [tradingstandards@towerhamlets.gov.uk](mailto:tradingstandards@towerhamlets.gov.uk)



AN unused rooftop space at a charity in Spitalfields has been transformed into a garden where homeless people can relax and take part in a gardening training scheme. Crossrail contractor BBMV worked with Providence Row to deliver the garden aimed at supporting homeless people in east London. The company, which is responsible for the construction of Crossrail's new Whitechapel and Liverpool Street tunnels, donated

£30,000 seed funding for the project and provided management support, specialist volunteers and equipment. Providence Row chief executive Pam Orchard said the garden had made a tangible difference to the charity. Nigel Russell, BBMV executive project director, said: "We hope the urban garden space will provide homeless people with the opportunity to gain skills and experience."

## Jobseekers sharpen skills at jobs clinic

**JOBSEEKERS in Bow had the chance to sharpen their interview skills and build their confidence at a jobs clinic.**

Social housing landlord Circle Housing Old Ford teamed up with City and Guilds Group to run the workshops at Eastside Youth and Community Centre on May 15.

They were organised as part of Give and Gain Day, a global celebration of the power and potential of employee volunteering.

Rosie Hewson, training and employment manager for the housing association, said: "We are committed to helping our residents get back to work and providing them with the right tools to make this possible."

For more information visit [www.circle.org.uk/old-ford](http://www.circle.org.uk/old-ford)

# From miniatures to climbers, there's a rose for every garden

## Plant of the Month from the Horticultural Trades Association

**COMPLETE your garden this summer with a beautiful rose, one of the most popular garden plants.**

There is a rose for every garden, from hybrid teas to miniatures, climbers to flori-

bundas, the choice is endless. They can be large or small, contemporary or traditional, and boast both fragrance and colour.

As a perfect addition to any garden environment, and being relatively easy to grow, the rose is an ideal plant to make the most of your outdoor space.

There are varieties for planting in flowerbeds, borders and planters, as well as for walls and pergolas.

Companion plants worth trying include:

■ **Lilium regale** hybrids – a perennial to 2m in height, with large, fragrant, trumpet-shaped white flowers that are yellow in the centre and flushed with purple on the outside.

■ **Nepeta Six Hills Giant** – a perennial forming a clump of aromatic, grey-green leaves, with lavender-blue flowers in spikes.

■ **Lavender Munstead** – a compact variety of English lavender with masses of dark purple-blue flower spikes.

Its fragrant stems are ideal for cutting or drying, and the nectar-rich flowers are particularly attractive to bees.

■ **Philadelphus Beauclerk** – a deciduous shrub, with ovate leaves and short racemes of fragrant, single white flowers, with a purplish zone near the centre.





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**OVER 50's**  
**Accessible Category F**  
**CORNWOOD DRIVE, E1**

Flat • 1 Bed 2 Person • 1st floor • Separate kitchen • One lift • Entryphone • Bathroom with W/C • GCH • No garden • Permit parking • Pets with landlords permission

Eligibility : Min Client Age 50

£146.66, Weekly - Social Rent  
Landlord: Swan Housing Association

Property Ref: 32483



**OVER 50's**  
**Accessible Category F**  
**RECTORY SQUARE, E1**

Flat • 1 Bed 2 Person • Ground Floor • Separate kitchen • No Lift • Bathroom with W/C • GCH • No garden • Permit parking • Pets permitted • Heating & hot water included in charges

Eligibility : Min Client Age 50

£134.53, Weekly - Social Rent  
Landlord: Tower Hamlets Council

Property Ref: 32480



**BEDSIT SELF-CONTAINED FLAT**  
**Accessible Category F**  
**CORRINGHAM HOUSE, PITSEA STREET, E1**

Flat • 0 Bed 1 Person • Ground Floor • Separate kitchen • No Lift • Entryphone • Bathroom with W/C • Electric storage heater • No garden • Permit parking • Pets permitted

£94.86, Weekly - Social Rent  
Landlord: Tower Hamlets Council

Property Ref: 32468



**BEDSIT SELF-CONTAINED FLAT**  
**Accessible Category E**  
**DELAFIELD HOUSE, CHRISTIAN STREET, E1**

Flat • 0 Bed 1 Person • 6th floor • Separate kitchen • One lift • Bathroom with W/C • GCH • No garden • Permit parking • Pets permitted

£95.17, Weekly - Social Rent  
Landlord: Tower Hamlets Council

Property Ref: 32481



**BEDSIT SELF-CONTAINED FLAT**  
**Accessible Category F**  
**O'LEARY SQUARE, E1**

Flat • 0 Bed 1 Person • 1st floor • Separate kitchen • One lift • Entryphone • Bathroom with W/C • GCH • No garden • Permit parking • Pets permitted • Heating & hot water included in charges

£102.36, Weekly - Social Rent  
Landlord: Tower Hamlets Council

Property Ref: 32477



**BEDSIT SELF-CONTAINED FLAT**  
**Accessible Category F**  
**MODLING HOUSE, MACE STREET, E2**

Flat • 0 Bed 1 Person • Ground Floor • Separate kitchen • No Lift • Entryphone • Bathroom with W/C • GCH • No garden • Permit parking • Pets permitted

Eligibility : Band 3

£95.63, Weekly - Social Rent  
Landlord: Tower Hamlets Council

Property Ref: 32450



**1 BEDROOM**  
**Accessible Category F**  
**FORBES STREET, E1**

Flat • 1 Bed 2 Person • Ground Floor • Separate kitchen • No Lift • Entryphone • Bathroom with W/C • GCH • No garden • Permit parking • Pets permitted • Heating & hot water included in charges

£125.26, Weekly - Social Rent  
Landlord: Tower Hamlets Council

Property Ref: 32485



**1 BEDROOM**  
**Accessible Category F**  
**ANNE GOODMAN HOUSE, JUBILEE STREET, E1**

Flat • 1 Bed 2 Person • 1st floor • Separate kitchen • Two lifts • Entryphone • Bathroom with W/C • GCH • No garden • Permit parking • Pets permitted • Heating & hot water included in charges

£130.56, Weekly - Social Rent  
Landlord: Tower Hamlets Council

Property Ref: 32460



**1 BEDROOM**  
**Accessible Category F**  
**CROMARTY HOUSE, BEN JONSON ROAD, E1**

Flat • 1 Bed 2 Person • Ground Floor • Separate kitchen • No Lift • Entryphone • Separate Bathroom and W/C • GCH • No garden • Permit parking • Pets permitted

£108.75, Weekly - Social Rent  
Landlord: Tower Hamlets Council

Property Ref: 32467



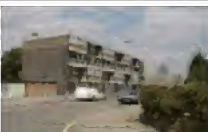
**1 BEDROOM**  
**Accessible Category F**  
**GRINDALL HOUSE, DARLING ROW, E1**

Flat • 1 Bed 2 Person • 3rd floor • Separate kitchen • No Lift • Entryphone • Separate Bathroom and W/C • GCH • No garden • Permit parking • Pets permitted • Heating & hot water included in charges

Eligibility : Band 3

£130.32, Weekly - Social Rent  
Landlord: Tower Hamlets Council

Property Ref: 32458



**1 BEDROOM**  
**Accessible Category F**  
**WEARMOUTH HOUSE, JOSEPH STREET, E3**

Flat • 1 Bed 2 Person • 1st floor • Separate kitchen • No Lift • Bathroom with W/C • GCH • No garden • Pets with landlords permission • Permit parking, Residents parking scheme

£116.18, Weekly - Social Rent  
Landlord: EastendHomes

Property Ref: 32465



**1 BEDROOM**  
**Accessible Category F**  
**BERKELEY HOUSE, WELLINGTON WAY, E3**

Flat • 1 Bed 2 Person • 14th floor • Separate kitchen • One lift • Entryphone • Bathroom with W/C • Electric storage heater • No garden • Permit parking, Residents parking scheme • Pets with landlords permission

£128.82, Weekly - Social Rent  
Landlord: EastendHomes

Property Ref: 32466



**2 BEDROOMS**  
**Accessible Category F**  
**SHEAD COURT, JAMES VOLLER WAY, E1**

Flat • 2 Bed 3 Person • 4th floor • Open plan kitchen • One lift • Bathroom with W/C • GCH • No garden • Car free home • Pets not permitted

£164.65, Weekly - Social Rent  
Landlord: One Housing Group

Property Ref: 32456



**2 BEDROOMS**  
**Accessible Category F**  
**DOVETON HOUSE, DOVETON STREET, E1**

Flat • 2 Bed 4 Person • 4th floor • Separate kitchen • One lift • Entryphone • Separate Bathroom and W/C • GCH • No garden • Permit parking • Pets permitted

Eligibility : Homeless Permanent

£125.49, Weekly - Social Rent  
Landlord: Bancroft TMC

Property Ref: 32472



**2 BEDROOMS**  
**Accessible Category G**  
**COLBORNE HOUSE, UPPER NORTH STREET, E14**

Flat • 2 Bed 4 Person • 2nd floor • Separate kitchen • No Lift • Separate Bathroom and W/C • GCH • No garden • Permit parking • Pets with landlords permission

PREFERENCE WILL BE GIVEN TO APPLICANTS ON THE HOUSING MOVES SCHEME

£142.18, Weekly - Social Rent  
Landlord: Poplar HARCA

Property Ref: 32479

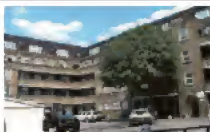


**2 BEDROOMS**  
**Accessible Category F**  
**BARNES STREET, E14**

House • 2 Bed 4 Person • Ground Floor • Separate kitchen • No Lift • Bathroom with W/C • GCH • Private garden • Permit parking • Pets permitted

£148.13, Weekly - Social Rent  
Landlord: Tower Hamlets Council

Property Ref: 32486



**2 BEDROOMS**  
**Accessible Category F**  
**WILLOUGHBY HOUSE, REARDON PATH, E1W**

Maisonette • 2 Bed 3 Person • 3rd floor • Separate kitchen • No Lift • Bathroom with W/C • GCH • No garden • Permit parking • Pets permitted

PREFERENCE WILL BE GIVEN TO APPLICANTS ON THE HOUSING MOVES SCHEME

£132.99, Weekly - Social Rent  
Landlord: Tower Hamlets Council

Property Ref: 32474

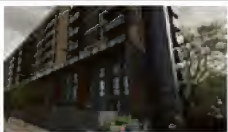


**2 BEDROOMS**  
**Accessible Category E**  
**WINDSOR HOUSE, KNOTTISFORD STREET, E2**

Flat • 2 Bed 4 Person • 4th floor • Separate kitchen • One lift • Entryphone • Separate Bathroom and W/C • GCH • No garden • Permit parking • Pets permitted

£134.20, Weekly - Social Rent  
Landlord: Tower Hamlets Council

Property Ref: 32451

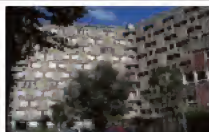


**2 BEDROOMS**  
**Accessible Category D**  
**PALMERS ROAD, E2**

Flat • 2 Bed 3 Person • 8th floor • Open plan kitchen • One lift • Bathroom with W/C • Electric radiators • No garden • Car free home • Pets not permitted

£161.79, Weekly - Social Rent  
Landlord: One Housing Group

Property Ref: 32487



**2 BEDROOMS**  
**Accessible Category E**  
**GEORGE LOVELESS HOUSE, DISS STREET, E2**

Flat • 2 Bed 4 Person • 2nd floor • Separate kitchen • Two lifts • Bathroom with W/C • GCH • No garden • Permit parking • Pets permitted

£128.94, Weekly - Social Rent  
Landlord: Tower Hamlets Council

Property Ref: 32471



For more detailed information about the following adverts please visit the Homeseekers website at [www.thhs.org.uk](http://www.thhs.org.uk)



**2 BEDROOMS**  
Accessible Category F  
MANSFORD STREET, E2

Flat • 2 Bed 4 Person • 1st floor • Separate kitchen • No Lift • Entryphone • Bathroom with W/C • GCH • No garden • Permit parking • Pets not permitted • Fixed Term. This is a fixed term tenancy of 5 years • One week's advance rent required at sign up of tenancy

£142.19, Weekly - Social Rent  
Landlord: Peabody

Property Ref: 32482



**2 BEDROOMS**  
Accessible Category F  
BERKELEY HOUSE, WELLINGTON WAY, E3

Flat • 2 Bed 3 Person • 13th floor • Separate kitchen • One lift • Entryphone • Separate Bathroom and W/C • Electric storage heater • No garden • Permit parking, Residents parking scheme • Pets with landlords permission • Children must be 10 years and over

£130.93, Weekly - Social Rent  
Landlord: EastendHomes

Property Ref: 32454



**3 BEDROOMS**  
Accessible Category F  
ARBOUR SQUARE, E1

House • 3 Bed 5 Person • Ground Floor • Separate kitchen • No Lift • Bathroom with W/C and Additional W/C • GCH • Private garden • Car free home • Pets not permitted

£158.06, Weekly - Social Rent  
Landlord: Network Stadium

Property Ref: 32475



**3 BEDROOMS**  
Accessible Category F  
SOVEREIGN HOUSE, CAMBRIDGE HEATH ROAD, E1

Maisonette • 3 Bed 5 Person • 1st floor • Separate kitchen • Two lifts • Entryphone • Separate Bathroom and W/C • GCH • No garden • Permit parking • Pets permitted

£139.15, Weekly - Social Rent  
Landlord: Tower Hamlets Council

Property Ref: 32459



**3 BEDROOMS**  
Accessible Category D  
WHARFSIDE POINT NORTH, POPLAR HIGH STREET, E14

Flat • 3 Bed 4 Person • 1st floor • Separate kitchen • One lift • Bathroom with W/C • Electric radiators • No garden • Car free home • Pets not permitted • Fixed Term. This is a fixed term tenancy of 5 years.

PREFERENCE WILL BE GIVEN TO APPLICANTS ON THE HOUSING MOVES SCHEME

£198.44, Weekly - Social Rent  
Landlord: Genesis Housing Association

Property Ref: 32457



**3 BEDROOMS**  
Accessible Category G  
GEORGE BELT HOUSE, SMART STREET, E2

Flat • 3 Bed 5 Person • 4th floor • Separate kitchen • Two lifts • Entryphone • Bathroom with W/C • GCH • No garden • Permit parking • Pets permitted

£138.17, Weekly - Social Rent  
Landlord: Tower Hamlets Council

Property Ref: 32452



**4 BEDROOMS**  
Accessible Category F  
EAGLING CLOSE, E3

Flat • 4 Bed 5 Person • Ground Floor • Separate kitchen • No Lift • Entryphone • Bathroom with W/C • GCH • No garden • Car free home • Pets with landlords permission Fixed Term. This is a fixed term tenancy of 5 years except for those currently holding a Secure or Assured social housing tenancy

£187.96, Weekly - Social Rent  
Landlord: Swan Housing Association

Property Ref: 32484

## Reminder

Please respect people's privacy by not attempting to access advertised properties or knocking at neighbouring homes. This causes a nuisance and may distress some individuals.

# AFFORDABLE RENT PROPERTIES

Changes to Government policy mean that Housing Associations have been forced to charge higher rents on some properties. In addition not all tenancies will be tenancies for life. Please note the rent level and length of tenancy offered on the following homes.

You are advised to check the Homeseekers website at [www.thhs.org.uk](http://www.thhs.org.uk) for further information.

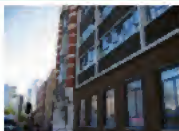


**AFFORDABLE RENT**  
Accessible Category F  
UPPER NORTH STREET, E14

Flat • 1 Bed 2 Person • 1st floor • Separate kitchen • No Lift • Bathroom with W/C • Check heating on viewing • No garden • Permit parking • Pets not permitted • Fixed Term. This is a fixed term tenancy of 2-5 years.

£200.76, Weekly - Affordable Rent  
Landlord: One Housing Group

Property Ref: 32464



**AFFORDABLE RENT**  
Accessible Category F  
SAILORS PALACE, COMMERCIAL ROAD, E14

Flat • 1 Bed 2 Person • 1st floor • Open plan kitchen • No Lift • Entryphone • Bathroom with W/C • GCH • No garden • Permit parking • Pets not permitted • Fixed Term. This is a fixed term tenancy of 5 years.

£191.47, Weekly - Affordable Rent  
Landlord: One Housing Group

Property Ref: 32462



**AFFORDABLE RENT**  
Accessible Category F  
EPPING CLOSE, E14

Flat • 2 Bed 3 Person • 1st floor • Open plan kitchen • One lift • Entryphone • Bathroom with W/C • GCH • No garden • Permit parking • Pets not permitted • Fixed Term. This is a fixed term tenancy of 6 years • £130 referencing fee • One month's rent required as deposit plus one month's advance rent required at sign up of tenancy

£245.00, Weekly - Affordable Rent  
Landlord: Southern Housing Group

Property Ref: 32469



**AFFORDABLE RENT**  
Accessible Category F  
STEVEDORE STREET, E1W

Flat • 3 Bed 5 Person • Ground Floor • Open plan kitchen • No Lift • Bathroom with W/C • Check heating on viewing • No garden • Permit parking • Pets not permitted • Fixed Term. This is a fixed term tenancy of 2-5 years.

£275.81, Weekly - Affordable Rent  
Landlord: One Housing Group

Property Ref: 32463



**AFFORDABLE RENT**  
Accessible Category G  
ZEALAND ROAD, E3

Flat • 1 Bed 2 Person • Ground Floor • Separate kitchen • No Lift • Bathroom with W/C • GCH • Private garden • On street parking • Pets not permitted • Fixed Term. This is a fixed term tenancy of 5 years • Flat in a converted house

£180.00, Weekly - Affordable Rent  
Landlord: Circle 33 HA

Property Ref: 32461



**AFFORDABLE RENT**  
Accessible Category F  
SUSAN LAWRENCE HOUSE, ZEALAND ROAD, E3

Flat • 0 Bed 1 Person • Ground Floor • Separate kitchen • No Lift • Entryphone • Separate Bathroom and W/C • GCH • No garden • Residents parking scheme • Pets not permitted • Fixed Term. This is a fixed term tenancy of 5 years.

£160.21, Weekly - Affordable Rent  
Landlord: OLD FORD HA

Property Ref: 32453



**AFFORDABLE RENT**  
Accessible Category F  
GRANTLEY STREET, E1

Flat • 1 Bed 2 Person • Basement • Separate kitchen • No Lift • Bathroom with W/C • GCH • No garden • Permit parking • Pets not permitted • Fixed Term. This is a fixed term tenancy of 6 years • Basement flat with 10 steps to front entrance door • £130 referencing fee • One month's rent required as deposit plus one month's advance rent required at sign up of tenancy

£234.00, Weekly - Affordable Rent  
Landlord: Southern Housing Group

Property Ref: 32476



### 1. Internet Bidding –

Just log on to  
[www.thhs.org.uk](http://www.thhs.org.uk)



### 2. Telephone Bidding –

Simply call  
0845 270 2400





## CENTRAL FOUNDATION GIRLS' SCHOOL (Voluntary Aided)

25-33 Bow Road, London E3 2AE

Applications are invited for the following post which is available immediately

### Teaching Assistants

**Scale 3 (Spine point 14) £16,867 pro-rata approx**  
**Term time only - Monday to Friday, 35 hours per week**  
**Working from 8.30am – 4.20pm**

The Governing Body and Headteacher are seeking to appoint a Teaching Assistant to work in this vibrant inner city London school. If you think you have the personal qualities and skills to support the learning of students at this large successful school, we would like to hear from you.

You need prior secondary TA experience of working with SEND and/or EAL students, have excellent communication skills, be competent in English, Mathematics and ICT, and be willing to undertake specific training. Successful candidates may be required to run small group work with SEND and EAL students.

CFGS is committed to safeguarding and promoting the welfare of children and young people and expects all staff to share this commitment. All successful applicants will be requested to undertake an Enhanced Disclosure and Barring Service check.

For an application form, please download the documents from the school's website [www.central.towerhamlets.sch.uk](http://www.central.towerhamlets.sch.uk)

Completed application forms must be received by the Human Resources Manager, Ms Neepta Chowdhury at [nchowdhury@central.towerhamlets.sch.uk](mailto:nchowdhury@central.towerhamlets.sch.uk) by 9.00am on Monday 8th June. Interviews to take place on Monday 15th June 2015.

**Ms E. Holland, Headteacher**  
on behalf of the Chair of Governors

Age Range: 11-19 years, Roll: 1471  
Tel: 020 8981 1131 Fax: 020 8983 0188



*Skillsmatch*

INNOVATION IN JOB BROKERAGE

## A JOB WORTH DOING



Become a School Crossing Patrol Officer to help ensure local children are able to cross roads safely as they walk to and from school.

- Earn £9.00 per hour
- Times 8:30am - 9:30am and 3:15pm - 4:15pm Monday to Friday, term time only (38 weeks)
- Free uniform and training provided
- 10 hours per week

To apply please contact Skillsmatch on 020 7364 0626 with reference to "School Crossing" and leave your name and contact number.

CLC00694

The deadline to contact Skillsmatch with queries is 12 June 2015 at 12pm.

We are committed to safeguarding and promoting the welfare of children and young people and expect all applicants to share this commitment. Therefore, all successful applicants will need to undertake an enhanced criminal record check via the Disclosure & Barring Service.



INVESTORS  
IN PEOPLE | Silver

*Skillsmatch*

INNOVATION IN JOB BROKERAGE

## Working Start Programme Opportunities

Exciting opportunities for women living in Tower Hamlets

**PAID work experience placements available within the Health & Social Care Sector!**

#### Benefits:

- Flexible working hours (min 16hrs per week)
- Paid at London Living Wage (£9.15 per hour)
- Gain a recognised accredited qualification
- Placements available in Business Administration/ Health Care Assistant roles within Barts Health NHS Trust

#### Criteria:

- GCSE English and Maths grade A-C preferred but not essential
- Must be a resident of Tower Hamlets
- Must have an interest in the Health Sector
- Must have a checkable 5 year history for DBS
- Must be available from the 8th June 2015

If this interests you, please call for a telephone screening by 12 noon on Friday 5th June 2015

Successful candidates will be invited to an Open Day held at Skillsmatch on 8th June 2015

Please leave your name and contact details with Skillsmatch today on 020 7364 0626 and quote WSP



INVESTORS  
IN PEOPLE | Silver



# Career Opportunities

All boroughs are unique. Many are vibrant and multicultural. Some have a rich historical background. Others have a modern edge. Tower Hamlets is all of these - it's got the TH buzz that's felt by those who live and work here....



**Social Worker – Recruitment & Assessment** £32,157 - £41,811  
Education, Social Care & Wellbeing Directorate  
Ref: ESW00547 | Closing date: 14.06.15

**Social Worker – Children Looked After** £32,157 - £41,811  
Education, Social Care & Wellbeing Directorate  
Ref: ESW00539 | Closing date: 07.06.15

**Social Worker – Children Looked After** £32,157 - £41,811  
Education, Social Care & Wellbeing Directorate  
Ref: ESW00541 | Part time 17.5 hours per week  
Closing date: 07.06.15

**First Response Officer – First Response Team** £28,845 - £30,525  
Education, Social Care & Wellbeing Directorate  
Ref: ESW00510 | 6 months FTC with poss. to extend  
Closing date: 07.06.15

For more information and to apply for these and other career opportunities, please visit the Tower Hamlets website.

[www.towerhamlets.gov.uk/careers](http://www.towerhamlets.gov.uk/careers)

We shall ensure fairness and equal opportunities throughout our workforce and in service delivery. We welcome applications from suitably skilled candidates regardless of ethnicity, gender, disability, sexuality, religion or age.

## Tower Hamlets - Public Realm

# Graduate Engineer Trainee



The Engineering Service within Public Realm are looking for 2 Graduate Trainee Engineers to work with us on a 2 year fixed term programme. You will have the opportunity to work in the following areas within the Public Realm Service:

- Highways Asset Management
- Networks
- Development Engineering
- Cycling and Road Safety

We are seeking 2 graduates, or students who are expected to graduate this year, to take this opportunity to kick start their careers in civil engineering and help to improve their local community.

**We offer a starting salary of £23,658 plus a travel allowance.**

In order to qualify for this opportunity, you must satisfy **all** of the following

- Resident in Tower Hamlets
- Already graduated, or expected to this year, with a grade 2.2 or above in an Engineering, Science or numerate discipline
- Willing to undertake further training

For more information about the programme please contact Margaret Cooper [margaret.cooper@towerhamlets.gov.uk](mailto:margaret.cooper@towerhamlets.gov.uk)

To apply for this opportunity please visit [www.towerhamlets.gov.uk/careers](http://www.towerhamlets.gov.uk/careers)  
The post reference is CLC00703. Closing date: 14 June 2015.



**Full-time Dispensary Assistant required.**  
Monday to Friday 9am – 6pm.  
Full training provided.

Please contact  
**Bow Pharmacy on**  
**020 898 02178**



## Notice Of Application For Planning Permission

Notice Of Application For Planning Permission Under Article 13 Of The Town and Country Planning (Development Management Procedure) (England) Order 2010 The Town And Country Planning Act 1990 (As Amended)

**Date of notice: 22-May-2015**

In accordance with the above act and related legislation, notice is hereby given that the application forms, plans and other documents submitted in relation to the proposal noted below may be examined at the London Legacy Development Corporation reception Level 10, 1 Stratford Place, Montfichet Road, London E20 1EJ. The reception is open from 09:00 – 17:00 Monday to Friday by appointment only telephone number 020 3288 8820. The above documents are also available to download from the Planning Register on the Planning Policy and Decisions Team website <http://planningregister.londonlegacy.co.uk>. **Anyone who wishes to make comments about the application should write to the address below quoting the relevant Application Reference Number:** Director of Planning Policy and Decisions Team, London Legacy Development Corporation, Level 10, 1 Stratford Place, Montfichet Road, London E20 1EJ. Alternatively comments can be made by email to: [planningenquiries@londonlegacy.co.uk](mailto:planningenquiries@londonlegacy.co.uk) Comments should be submitted within 21 days of the date of this notice and should be received by **11-Jun-2015** **Application Reference No:** 15/00174/FUL **Application Site:** 52-54 White Post Lane, London, E9 5EN **Description of Proposal:** Application for full planning permission for mixed use redevelopment comprising: Demolition of existing buildings and structures and erection of a five (5) to six (6) storey building with a maximum parapet height of 26.7m AOD to provide 2326 sqm (GIA) of commercial space (use class B1) with commercial yard area for servicing, 55 residential dwellings (19 x 1 bed, 19 x 2 bed and 17 x 3 bed), upper level amenity areas, cycle parking and refuse/recycling stores **Applicant's name:** 52-54 White Post Lane LLP **Dated:** 22-May-2015; **Authorised by:** Anthony Hollingsworth **On Behalf of:** London Legacy Development Corporation, Planning Policy and Decisions Team.

## EMPLOYER ENGAGEMENT ADVISER

**c. £25,000 Camden, London**

If you have proven sales/customer service experience, join us and help long term unemployed people back into sustainable employment. Your detailed knowledge of the recruitment market and the barriers faced by individuals will help you build relationships with existing and potential employers and achieve the best outcome for your customers.

To apply please visit our careers website  
[jobs.onehousinggroup.co.uk/EEL](http://jobs.onehousinggroup.co.uk/EEL)

Closing date:  
**15 June 2015.**



[onehousinggroup.co.uk](http://onehousinggroup.co.uk)

## PA/Administrator – Band 5



**NHS Tower Hamlets Clinical Commissioning Group** is looking for an experienced PA / Administrator. This is an interesting and varied role which will be key in supporting the Deputy Chief Officer as well as the administration and delivery of our primary care programme.

**Well organised with a flexible approach** you will have the ability to work as part of a team and demonstrate the capacity to work autonomously.

**If you enjoy working in a fast paced environment** with the ability to work under pressure and have the skills to balance the demands of a busy office, we would like to hear from you.

Further details can be found at:  
[www.jobs.nhs.uk](http://www.jobs.nhs.uk) or [www.healthjobsuk.com](http://www.healthjobsuk.com)

**To place your advert in East End Life, call...**

**Terri on 7364 4682**  
**Chris on 7364 4994**  
**Fatima on 7364 4623**  
**Sharan on 7364 4061**

**Did you know...**  
**an advert on this page could cost as little as £72 + VAT?**



## LONDON BOROUGH OF TOWER HAMLETS

## PLANNING (LISTED BUILDINGS AND CONSERVATION AREAS) ACT 1990, SECTIONS 10, 67 AND 73

APPLICATIONS FOR LISTED BUILDING CONSENT AND APPLICATIONS FOR DEVELOPMENT WHICH WOULD IN THE OPINION OF THE LOCAL PLANNING AUTHORITY AFFECT THE CHARACTER OR APPEARANCE OF AN AREA DESIGNATED AS A CONSERVATION AREA OR WOULD AFFECT THE SETTING OF A LISTED BUILDING.

NOTICE IS HEREBY GIVEN THAT THE LONDON BOROUGH OF TOWER HAMLETS IS CONSIDERING THE FOLLOWING APPLICATIONS:

**Guardian Angels School, Whitman Road, London, E3 4RB** PA/15/1225/PLA

Excavation of an external trench to the north playground for the installation of a drain to tackle damp issues in lower ground classrooms. The excavated area to be reinstated and finished with a tarmacadam surface to match the existing playground. All internal walls to be finished and decorated to match existing.

**140 Whitechapel Road, London, E1 1JE** PA/15/1210 & 1211/SHA

- Hand painted Subway to fascia (Externally Illuminated)
- Hand painted projecting sign (Externally Illuminated)
- Printed Vinyl
- LED Open light

**194 Brick Lane, London, E1 6SA** PA/15/1243/DHA

Internal and external alterations and improvements to the existing 2 bedroom flat at third floor level. Installation of rear Dormer, 'Conservation' skylights and privacy screens to create a private roof terrace. Installation of roof lights and alterations to rear elevation to allow for the installation a new Sash window serving the relocated Kitchen/dining/Living Room. Proposed new (Period) Shopfront and reinstatement of top floor workshop windows.

**Bridge House, 24 - 26 Prestons Road, London** PA/15/1089 & 1092/KFL  
Proposed alteration to existing car parking arrangement.

**2-4 Sidney Street, London** PA/15/1134/ADW

Demolition of existing single storey building and erection of a new six storey building to provide a B1 office unit at basement and ground level and 9no. new residential units (6 x 1 bed and 3 x 3 bed) on the upper floors.

**305-309 Commercial Road, London** PA/15/1137/ADW

Erection of a six storey rear extension and a two storey roof extension to provide 5no. new self-contained residential units (4 x 1 bed and 1 x 3 bed), together with the reconfiguration of 4no. existing 2 bed units and alterations to shopfront, rear ground floor and basement levels.

**Old Ford Primary School, Wrights Road, London, E3 5LD** PA/15/655/SAE

Replacement of the existing timber framed windows on the west facing elevation of the building with UPVC.

Copies of the applications and plans may be inspected between the hours of 9am-1pm, Monday to Friday at the Planning Department, Mulberry Place, Clove Crescent, London, E14 2BG. The information will also be available on the Council's web site at [www.towerhamlets.gov.uk](http://www.towerhamlets.gov.uk). If you respond by email, please tell us your postal address.

Any person who wishes to make representations relating to any of these applications should do so, in writing, within a period of 21 days from the date of publication of this notice to the Development Control Manager at the above address.

Dated: 1st June 2015

**OWEN WHALLEY**  
Head of Planning and Building Control



**To place your Public notices in East End Life, call...**

**Terri on 7364 4682**  
**Chris on 7364 4994**

**Fatima on 7364 4623**  
**Sharan on 7364 4061**

## LONDON BOROUGH OF TOWER HAMLETS

## TOWN &amp; COUNTRY PLANNING ACT 1990

MAJOR APPLICATIONS UNDER ARTICLE 13(4)) OF THE TOWN AND COUNTRY PLANNING (DEVELOPMENT MANAGEMENT PROCEDURE) ORDER 2010 AND OTHER SIGNIFICANT APPLICATIONS.

NOTICE IS HEREBY GIVEN THAT THE LONDON BOROUGH OF TOWER HAMLETS IS CONSIDERING THE FOLLOWING APPLICATIONS:

**Former Beagle House Now Known As Maersk House, Braham Street, London** PA/15/1209/GGW

Demolition of all existing structures and erection of a mixed use development comprising retail/commercial floorspace (2,010sq.m) at ground level (Use Classes A1-A3/B1), with office (Use class B1) floorspace above (34,880sq.m) contained within a single building of ground floor plus 18 storeys (and an additional two storeys of enclosed plant at roof level and two basement levels) allowing for a maximum height of 91.80m AOD to parapet, and associated public realm landscaping.

Copies of the applications and plans may be inspected between the hours of 9am-1pm, Monday to Friday at the Planning Department, Mulberry Place, Clove Crescent, London, E14 2BG. The information will also be available on the Council's web site at [www.towerhamlets.gov.uk](http://www.towerhamlets.gov.uk). If you respond by email, please tell us your postal address.

Any person who wishes to make representations relating to any of these applications should do so, in writing, within a period of 14 days from the date of publication of this notice to the Development Control Manager at the above address.

Dated 1st June 2015

**OWEN WHALLEY**  
HEAD OF PLANNING & BUILDING CONTROL



Public and Legal notices inform the public of planning act notices from roads to buildings as well as licensing act notices, insolvency acts, notices to creditors, missing beneficiaries etc.

## LONDON BOROUGH OF TOWER HAMLETS

## ARTICLE 13 OF THE TOWN &amp; COUNTRY PLANNING (DEVELOPMENT MANAGEMENT PROCEDURE) ORDER 2010

NOTICE IS HEREBY GIVEN THAT THE LONDON BOROUGH OF TOWER HAMLETS IS CONSIDERING THE FOLLOWING APPLICATION:

**ADDRESS:**  
**Thirty-Eighth Floor, 1 Canada Square, London, E14 5AA** PA/15/1229/CSK

I hereby give notice that University College London are applying for Planning Permission for the following:

The change of use of Level 38, One Canada Square from Class B1 (Business) to Class D1 (Non Residential Institution).

The proposed development does not accord with the provisions of the Tower Hamlets Local Plan.

Copies of the applications and plans may be inspected between the hours of 9am-1pm, Monday to Friday at the Planning Department, Mulberry Place, 5 Clove Crescent, London, E14 2BG.

Any person who wishes to make representations relating to this application should do so in writing, within a period of 14 days from the date of publication of this notice to the Head of Planning at the above address.

Dated: 1st June 2015

**OWEN WHALLEY**  
HEAD OF PLANNING AND BUILDING CONTROL





Public notices

LONDON BOROUGH OF TOWER HAMLETS

ROAD TRAFFIC REGULATION ACT 1984 – SECTION 14 (1)

TEMPORARY PROHIBITION OF TRAFFIC – OLD CASTLE STREET E1

NOTICE IS HEREBY GIVEN, that the Council of the London Borough of Tower Hamlets, having consulted Transport for London, proposes to make an Order, which will prohibit vehicular traffic from entering, stopping or proceeding the following prohibition:

- Location: Old Castle Street for a distance of approximately 50 metres, north, from its junction with Pomell Way;
- Reason: To allow essential crane works to be carried out

on the public highway by Bronzeshield Lifting Limited;

- Alternative Route: For vehicular traffic will be via Pomell Way, Commercial Street, Wentworth Street and Old Castle Street or Wentworth Street (eastbound), Commercial Street (southbound), Le-man Street, Mansell Street, Whitechapel High Street and Old Castle Street;

- Period: The restriction will operate on the following two Saturdays:

- a) Saturday 27th June 2015 from 08:00 hours until 18:00 hours;
- b) Saturday 4th July 2015 from 08:00 hours until 18:00 hours.

Please refer any queries regarding the traffic restriction to Dave Pryce, Network Coordinator, Clean, Green and Highways on 020 7364 6898 or email david.pryce@towerhamlets.gov.uk

pryce@towerhamlets.gov.uk

Dated: 1st June 2015

SIMON BAXTER  
INTERIM SERVICE HEAD  
PUBLIC REALM  
MULBERRY PLACE  
5 CLOVE CRESCENT  
LONDON E14 2BG

LONDON BOROUGH OF TOWER HAMLETS

ROAD TRAFFIC REGULATION ACT 1984 – SECTION 14 (1)

TEMPORARY PROHIBITION OF TRAFFIC – BUCKHURST STREET E1

NOTICE IS HEREBY GIVEN, that the Council of the London Borough of Tower Hamlets, proposes to make an Order, which will prohibit vehicular traffic from entering, stopping or proceeding the following temporary prohibition:

- Location: Buckhurst Street, from a point approximately 3 metres, north of the southern kerb line of Three Colts Lane to a point approximately 40 metres, south, of the southern kerb line of Three Colts Lane.
- Reason: To allow essential works to be carried out on the public highway by Nationwide Traffic Solutions.

- Alternative Route: For vehicular traffic will be via Three Colts Lane, Coventry Road, Cudworth Street and Buckhurst Street and vice versa.

- Period: The restriction will operate on the following two weekends;

- a) On Saturday 13th June 2015 from 08:00 hours until 18:00 hours;
- b) On Sunday 14th June 2015 from 10:00 hours until 18:00 hours;
- c) On Saturday 20th June 2015 from 08:00 hours until 18:00 hours;
- d) On Sunday 21st June 2015 from 10:00 hours until 18:00 hours.

Please refer any queries regarding the above traffic restriction to Dave Pryce, Network Coordinator, Clean, Green and Highways on 020 7364 6898 or email, david.pryce@towerhamlets.gov.uk

Dated: 1st June 2015

SIMON BAXTER  
INTERIM SERVICE HEAD  
PUBLIC REALM

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WWW.GLL.ORG

Sport

Leisure centres

John Orwell Sports Centre  
Tench Street, Wapping, E1W.  
7488 9421

Langdon Park Leisure Centre  
35 Byron Street, Poplar, E14  
7987 3575

Mile End Park Leisure Centre  
190 Burdett Road, E3.  
8709 4420

Mile End Park Stadium  
Rhodeswell Road, Poplar, E14.  
8980 1885

St George's Leisure Centre  
221 The Highway, Wapping E1W.  
7709 9714

Tiller Leisure Centre  
Tiller Road, Isle of Dogs, E14.  
7987 5211

Whitechapel Sports Centre  
55 Durward Street,  
Whitechapel, E1.  
7247 7538

York Hall Leisure Centre  
5-15 Old Ford Road, E2.  
8980 2243

Sport & leisure

Back to netball  
Weekly sessions. £1.10. Tues, 6pm.  
John Orwell Sports Centre,  
Tench Street, E1W.  
07914 685261

Body conditioning  
Thurs, 6.15pm. Shadwell Basin  
Centre, Glamis Road, E1.  
07961 951522

Cricket coaching  
Under-11s and under-13s –  
Weds, 4-5.30pm; under-16s –  
Tues, 4.30-6pm; ages 16+ –  
Thurs 5-8pm.  
Dockland Settlement,  
197 East Ferry Road, E14.

Docklands women's running group  
All abilities welcome  
Mon, 6.30pm. Mile End  
Stadium, Rhodeswell Road, E14.  
07958 368070

Football training  
Every Sat, 9-11am for boys and  
girls aged 5-11, Mulberry School  
for Girls, Richard Street, E1; 12-  
1pm for boys and girls aged 3-

5. St Patrick's School, Dundee  
Street, E1W.  
07956 095218

Kibondo  
Martial art for ages 6 & over.  
Mon, 6.30-8pm, all ages; Fri, 7-  
8.30pm, seniors & adults. £4  
adults, £3 children, first lesson  
free. Teviot Centre, Wyves  
Street, E14.  
07956 428654

Kickboxing and self-defence  
£5 per class. Suns, 1pm; Tues,  
7pm (women only).  
Whitechapel Sports Centre,  
Durward Street, E1.  
07983 201987

Chi Kung  
Ancient Chinese exercise  
practice with gentle,  
meditative exercises.  
Mon, 6-7.15pm.  
St Margarets' House  
Settlement, E2.  
07905 098413

Kool Karate and Fitness Fun Class  
Every Tues & Thurs, 5-6pm.  
St James-the-Less Hall, St  
James's Avenue, E2.  
07934 126510

Kung fu  
Learn the Wong Shun Leung  
system of ving tsun.  
Weds, 8-9pm. £7, adults only  
(kids classes coming soon).  
St John's Church Hall, 200  
Cambridge Heath Road, E2.  
07930 609379

Kung fu fitness  
Mons 7-9pm. Bryant Street  
Methodist Centre, Stratford,  
E15.  
07950 637345

Muay Thai for women  
KO London, 186 The Arches,  
Globe Road, E2. Sat 3-4.15 £7  
concs, £9 waged.  
7265 9693

Martial arts  
Learn the Wong Shun Leung  
system of ving tsun kung fu.  
Weds 8-9pm. £7, adults only.  
St John's Church Hall, 200  
Cambridge Heath Road, E2.  
07930 609379

Netball  
Arbour Netball Club train at

the Parkside Leisure Centre at  
Mulberry School, Commercial  
Road, E1 every Monday night.  
01277 811772

Rugby  
Millwall Rugby Club. Men's,  
women's and youth teams.  
Suns, 10.30am-12pm (youth);  
Mons, 7.30-9pm (adults); Weds,  
7.30-9pm (men); Thurs. 6.30-  
7.30pm (boys aged 7-17); Thurs,  
7.30-9pm (women all ages).  
www.millwallrugby.com

Rugby for children  
Tag rugby (non contact) games  
for ages 2-7. Sats, 10am-12pm  
(term-time). Free trial.  
Victoria Park, Grove Road, E9.  
01252 794150  
www.trytimekidsrugby.com

Self-defence and keep fit  
Self-defence and keep fit with  
freestyle Tae Kwon do. Mixed  
classes of adults and children  
every Tues 6.30-8pm & Sun, 1-  
3pm.  
Tiller Leisure Centre, Tiller  
Road, E14.  
8310 1469 or 07950 896926

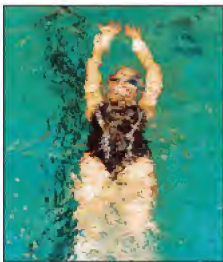
Seniors exercise  
Mons, 1.30pm, line dancing;  
Tues, 10.45am, workout.  
London Dockers Club,  
6 Boulcott Street, E1.  
7790 3785

Swimming  
Learn to swim (5 years +),  
competitive swimming  
skills/fitness (9 years +), and  
masters swimming  
(18 years+).  
Bethnal Green Sharks  
Swimming Club, York Hall, and  
Mile End Park and St George's  
leisure centres.  
07931 782172  
www.bgssc.co.uk

Taekwondo classes  
Taster class £5 for adults, £3 for  
children aged five to 14.  
Adults £50-£40 per month.  
Easy Studio, 60-64 Kingsland  
Road, E2.  
7033 4660

Table Tennis Club  
Every Sat, 10am-12pm  
For ages 11-19  
George Green's School, 100  
Manchester Road, E14.  
7987 6032





## Dive in to the world of sport

There are many ways you can take part in sport and improve your fitness in Tower Hamlets. Our listings include everything from cricket to yoga and aerobics to taekwondo.

SEE PAGE 26

## Tell the East End

Do you have a sports club you would like to be included in our listings? If so email the details to...

EASTENDLIFE.NEWS@TOWERHAMLETS.GOV.UK

### Sport



AS part of I'll Fight Day 2015, the Salvation Army Stepney and Stepney Football Club played a series of fun-filled matches at Stepney Green Park.

I'll Fight Day was an opportunity for young people to go out into their communities and build relationships in practical ways.

Captain Nick Coke, co-leader of the Salvation Army Stepney, said: "William Booth founded the Salvation Army in Whitechapel 150 years ago.

"Being able to join with Stepney FC was great fun and a reminder that loving your neighbour involves building community relationships that will last."

### Soccer

#### Wapping win cup

■ **WAPPING Youth** won the London County Saturday Youth Football League under-21 KO Cup, beating Warsa FC 4-2 on penalties after the game ended 3-3 in extra time.

FFK Athletic won the under-16s final beating Westside 3-0, and Palace Guard won 2-1 against Broomwood Colts to lift the under-15 trophy.

### Watersports

TOWER Hamlets will be chasing glory on the water this weekend as they attempt to dethrone defending champions Richmond in the **Thames Water London Youth Games Regatta**.

Youngsters will converge on the London Regatta Centre at Royal Albert Dock on Saturday for rowing, kayak slalom and kayak sprint.

A sailing regatta at King George V Reservoir in Lee Valley on June 20 and 21 will complete the competition.

■ **SHADWELL Sailing Centre** has two events coming up this month for adults who enjoy the outdoor life.

On June 13 there is adult kayaking – a fun introduction to kayaking and canoeing in Shadwell Basin.

There is also adult climbing on the high ropes the same day. Both sessions have ten available places, which must be booked by June 11.



■ **OLYMPIC** rowing champion **Mark Hunter** (pictured), who started his career at Poplar Blackwall & District Rowing Club, was given a Lifetime Achievement award by the University of East London at a ceremony on May 22.

### Disability sport

**VALLANCE CSA** held their 7th annual Disability Sports Day Festival 2015 at Mile End Stadium on May 18.

More than 100 people aged eight upwards took part in a football and cricket tournament and open taster sessions for soft golf, boccia, soft tennis, bike riding and fencing.

All the participants received a medal and the football tournament cup was won by the Create team.

### Free coaching

**PUPILS** from **Cubitt Town Junior School** on the Isle of Dogs enjoyed free hockey and tennis coaching sessions along with 500 other schoolchildren at the annual Lee Valley Hockey and Tennis Centre Schools Festival, at the Queen Elizabeth Olympic Park sports venue.

### Cycling

**WORLD** class cycling competition the **Pearl Izumi Tour Series** returns to Canary Wharf for Round 8 on Thursday, June 4.

It will feature some of Britain's top cyclists battling it out to be crowned the best in the UK.

### Muay Thai

**BETHNAL Green's** rising Muay Thai star, **Greg Wootton**, gave further evidence of his potential with a one-sided points win over Thailand's Rungrat Sasiprapa at the Barclaycard arena, Birmingham.

Super-lightweight Wootton, holder of the World Muay Thai Council MAD title and the Enfusion world belt, chalked up his 30th win against a fighter plugged as the new golden boy of the sport.

Wootton trains under Bill Judd at the KO Gym in Bethnal Green.

# Johnson lands a European double

BY PETER FAULKNER

**JOHNNY Johnson etched his name into Repton's hall of fame last year when he became the first boxer from the Bethnal Green club to win a European junior title.**

Now he has further enhanced his reputation by taking a second European belt, after winning four out of four bouts in Lviv, Ukraine.

Johnson's success came on the same weekend a record 13 boxers from the club made it through to the finals of the English Schools championships.

Johnson (pictured), who was joined in Ukraine by club-mates Tommy Roberts and Jesse Dean Harris, won all of his four contests on points.

His final win over local boy Artem Lapin was particularly impressive, earning a unanimous decision from the judges.



Roberts enjoyed a technical knockout and a points success in his first two fights, but then dropped the verdict in his third to local boxer Andrii Matiash.

Harris failed to get past the first round losing a points decision to Ireland's James O'Reilly.

Meanwhile in Bristol, the schools programme was hotting up and Repton, as East End Life went to press, were hoping to beat last year's return of eight winners.

They have 13 in the finals at Sheffield including four walkover winners – Charlie Hickford, Caleb Eastwood, Levi

Lee and George Ellis.

Best of the rest was Jack Oliphant, who stopped Tony Ward (Trumpington) in the last round.

The remaining boxers all won on points.

Barney Docherty beat Shaun Clark (The Ring), David Tierney beat Jack Wiffin (Sudbury) and Freddie Moss defeated Sonny Hardy (Chalvedon).

There were unanimous wins for Nathan Harris over Jordan Davis (Windrush Valley), George Mitchell against Mosey Buckley (Allcorners), Adam Mohammed against Quey Maloney (Chadwell), Vinnie Driscoll over James Anderson (The Ring) and Dennis McCann against Reuben Barney-Smith (Pinewood).

Unluckiest of the losers was Rohan Decurdo who seemed to have done enough to get the verdict against Jimmy Doran.

Joseph Inman, Harvey Smith, Joseph King and Liam Deighton were all beaten on points.

# Sawyer is back in action

Wapping ladies B o, Waltham Forest o

**ELLIE Sawyer, after a two-season absence, returned to the action in this Summer League clash with Waltham Forest.**

And her determined defensive performance was one of the highlights of a o-o draw.

The game started slowly with neither side gaining the upper hand.

Wapping were strong at the back with the return of goalkeeper Carla Laws, but when the side managed to work their way through to Forests' D, strikers Emma McCready and Laura Reedjik had a couple of opportunities but failed to score.

Wapping men B 2, Crostyx 1sts 2

THIS top-of-the table clash was always going to be tough, especially with Wapping fielding only one recognised defender.

Crostyx broke the deadlock with a shot from a short corner.

Within minutes Wapping levelled through Tom Hammond and, when Crostyx took the lead with five minutes remaining, they must have thought they had sealed victory.

But Wapping won a short corner and Charlie Ballentine stepped up and struck an equaliser.

■ **WAPPING** men's A team played well against Redbridge and Ilford despite losing 1-0 early in the first half.

City and Wharf Hockey League

THE conclusion of the final three pools in phase one of the City and Wharf Hockey League at Mile End saw Deloitte go top of Group 4 beating Morgan Stanley 7-1 with goals from Graham Cox, 3, Euan Jones, 2, Nikki Jones and Hephzi Bayliss. Tom Oliver replied for Morgan Stanley.

Over at John Orwell Sports Centre, it was a good night for Wapping Hockey Club, as their Privateers side beat Arup 4-0 – Jeremy Gould, Jess Sturgeon, Louise Radford and Dave Charlesworth netting, and the Highwaymen beat Sainsbury's 3-0 thanks to Michiel Marck, Tom Griffiths and Will Daniels.

The Highwaymen topped Group 6, and the Privateers finished second in Group 5.

The start of phase two saw Credit Suisse and the Cheesemakers settling for a hard-fought 1-1 draw courtesy of strikes from James Easter and Sarah Hanley respectively.

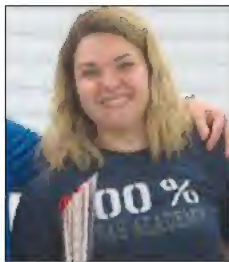




## Expert help

Terry Daly, left, trains Tayla O'Brien at Bethnal Green Uechi-Ryu club.

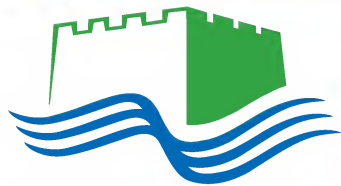
SEE BELOW



## Mum joins the medal rush

Patricia Perote, left, won a British 4 Nations karate title in Glasgow on the same day that her three sons, Liam, Luca and Luan, were also winning a clutch of titles.

SEE BELOW



TOWER HAMLETS

NEWS FROM TOWER HAMLETS COUNCIL AND YOUR COMMUNITY

# A Tayl of two champions



Tayla O'Brien with her latest trophy

Tayla O'Brien and Liam Veras celebrate winning British karate titles

BY PETER FAULKNER

**KARATE kids Liam Veras and Tayla O'Brien once again produced their best when it mattered – at the British 4 Nations championships.**

Tayla, 11, a Morpeth schoolgirl, from Bow, became British champion in the kumite -33kg, adding to her existing British Open and English titles.

The youngster owes her success to Terry Daly, her sensei at the Bethnal Green Uechi-Ryu club, where he took her on as a complete novice.

Tayla's mum Lisa said: "We are so proud of what she has achieved so far and Terry is just as proud."

"She has shown a real dedication to the sport and has ambitions to win at every level."

Liam finished the top competitor of the day with three gold medals and one silver making him a triple British champion.

His brothers, Luan and Luca, and their mum, Patricia Perote, also captured British titles.

On top of that the Veras Academy, run by dad Raphael with classes in Poplar, won a total of 18 medals and came fifth overall. The medals were for both kata and kumite.

Liam and Luca also won gold in the 9 years and under pairs kata as did Luan and team-mate Seyhan Cinar in the 10- to 13-year-old pairs kata.

Elite competitor Jasmine

Pomeroy brought back three silver medals and a bronze from her four events.

Ben Pomeroy, current England champion, also did a fantastic job to bring home a bronze medal to add to his collection.

Veras Academy's youngest and eldest competitors, Jack Walsh and Mette McLarney, also picked up medals.

Veras Academy Association

head, Sensei Raphael Veras, said: "With karate being a contender for acceptance into the Olympics, the event was closely scrutinised by Sport England officials who ensured that the highest levels of judging and refereeing were upheld."

"The competition was a tough one and I am extremely proud of all my team, those who won medals and those who didn't".

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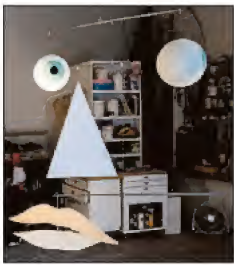
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## Open studio celebration

More than 150 artists take part in Bow Arts' 20th year bash

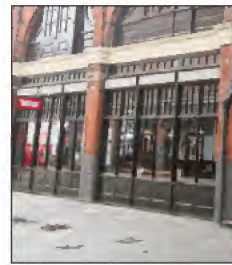
SEE PAGE 3



## A night with Tom Jones

Win tickets to see legendary Welsh singer perform live

SEE PAGE 6



## All the beef you can eat

Our carnivorous reviewer heads to Smiths of Smithfield

SEE PAGE 7

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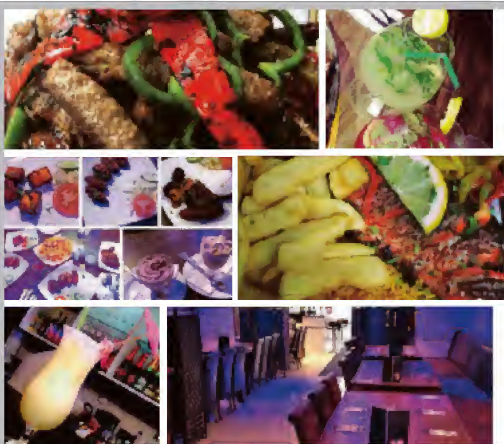
WWW.TOWERHAMLETS.GOV.UK

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## New Broom

Exhibition celebrates first female press photographer  
see page 2



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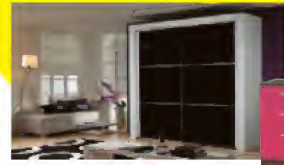


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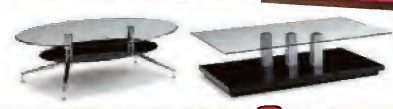


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## Capturing history on film

Christina Broom was official photographer to the Household Division from 1904 to 1939 and had a darkroom in the Chelsea Barracks.

**SEE BELOW**

### Out & about

#### Comedy

**Everything is overrated**

Monthly stand-up upstairs at the Genesis Cinema, featuring a mix of circuit up-and-comers. Victoria Lessina, Simone Keunen, Hannah Rosen, Ryan Thievem, Oli Bettsworth, Rosana Bosanac and Rick Kiesewetter feature. Thurs, June 11 at 7.30pm. Free. Genesis Cinema Whitechapel, 93-95 Mile End Road, E1. 07511 515584

[www.genesiscinema.co.uk](http://www.genesiscinema.co.uk)

#### Events

**London Motorexpo**

The Motorexpo returns to Canary Wharf for the 20th annual UK event with displays of the latest vehicles positioned throughout the indoor and outdoor public spaces of the Canary Wharf estate.

Visitors will again have the opportunity to test drive a number of vehicles. The unique driveme scheme is made possible by manufacturers who not only exhibit numerous vehicles, but also make some models available to try on the roads around Canary Wharf.

Mon, Jun 8, to Sun, Jun 14, 10am-6pm. Free. Various locations throughout Canary Wharf.

[www.motorexpo.com/london-motorexpo](http://www.motorexpo.com/london-motorexpo)

**no.we.are.10**

An invitation for artists, radicans, friends, fugitives and time travellers to celebrate ten years of no.w.here at a late night party on the shortest night of the year. A lively and eclectic evening at the Bethnal Green Working Men's Club. The night features a heady mix of film, music, performance and interventions.

Sat, Jun 20 at 7.30pm. Tickets £10 in advance, £15 on the door. Bethnal Green Working Men's Club, 44-46 Pollard Row, E2.

7739 7170

[www.workersplaytime.net](http://www.workersplaytime.net)

**451 from Greenwich & Docklands**

**International Festival**

Co-commissioned by GDIF, and presented by Periplum, this spectacular, immersive performance depicts a society where reading is forbidden and firemen are employed to

burn books (451 degrees fahrenheit is the temperature at which paper burns). This London première is based on the classic novel by Ray Bradbury and will feature incredible staging with moving structures, a compelling score and pyrotechnics.

Sat, Jun 27 at 10pm. Free. Bethnal Green Gardens, E2

[www.festival.org](http://www.festival.org)

**NOW 15 Festival - New Theatre, Food & Music**

The Yard Theatre presents a ten-week festival of inspiring, entertaining and daring new theatre in double bills.

Until Sat, Jun 20, 6-10pm. Tickets £10 per double bill or two double bills (4 shows) for £15 (when you book online). The Yard, Unit 2, Queens Yard, White Post Lane, E9. 07548 156266

#### Exhibitions

**Magic Mirror**

Works by French surrealist artist Claude Cahun and film maker Sarah Pucill. Includes important political works by Cahun who used subversive

THE life and work of the first female press photographer, Christina Broom, is celebrated in a new exhibition at the Museum of London Docklands.

Broom took to the Edwardian London streets documenting daily routines and notable events. From First World War soldiers enjoying Christmas lunch and Suffragettes campaigning for women's rights, to Oxford Street bustling with horse-drawn carriages and the Oxford and Cambridge boat race, her candid approach, captured pivotal moments of cultural history. This major exhibition, the first entirely dedicated to her, will feature a cross-section of her work including many photographs that have previously been in private



collections and never-before-seen on public display. These will be joined by glass plate negatives, postcards and objects which build a fuller picture of Broom's character and her career, including personal possessions, letters, event passes, autograph books, note-

books and cuttings books. Soldiers and Suffragettes runs from Friday, June 19 to Sunday, November 1 at Museum of London Docklands, Hertsmeare Road, West India Quay, E14. Open daily from 10am and admission is free. For information visit [www.museumoflondon.org.uk](http://www.museumoflondon.org.uk)





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[WWW.FIELDDAYFESTIVALS.COM](http://WWW.FIELDDAYFESTIVALS.COM)



## A celebration

Bow Arts was established in 1995, and this year celebrates 20 years.

SEE BELOW

### Out & about

avant-garde art as a form of resistance in Nazi-occupied Jersey during WWII. Free. Running until Jun 14. Tues-Sun, 10am-5pm. Nunnery Gallery, Bow Arts, 181 Bow Road, E3. 8980 7774

#### George Shaw: The Last Days of Belief

Social realist paintings which capture municipal landscapes from the artist's youth. Running until Sun, July 12. Weds-Sat, 11am-6pm; Sun 12-6pm. Wilkinson Gallery, 50-58 Vyner Street, E2. [www.wilkinsongallery.com](http://www.wilkinsongallery.com)

#### Homes of the Homeless: Seeking Shelter in Victorian London

Paintings, photographs and objects tell the story of poor people in London. With events and talks. Admission £5, £3 concs. Until Jul 12. Geffrye Museum, 136 Kingsland Road, E2. 7739 9893

#### Hidden Identities

Photographs by Yvonne De Rosa of children and families living in adverse conditions in Bosnia and Romania. Until Jun 28. V&A Museum of Childhood, Cambridge Heath Road, E2. 8983 5200

#### Sophie von Hellermann:

##### After a Fashion – A Play with Fire

New paintings by Margate-

# Bow Arts celebrates 20 years

BY MELANIE YEA

**THIS year Bow Arts is celebrating its 20th anniversary and the annual open studios is set to be a highlight of the arts calendar and one of the most vibrant and well attended arts events in London.**

Now in its 20th year, Bow Open Studios 2015 is set to be one of the biggest and the best opportunities for members of the public, curators and collectors to meet some of the best young artists working in London today.

The event will take place on Friday, June 19, 6-9pm, and Saturday, June 20, 1-5pm, and will feature more than 150 artists and designers, pop-up bars, local street food, a designer/maker market and live music.

There will be an exhibition of work from Bow Arts Education in the Carmelite Cafe and family workshops.

There will be a curated walking tour from 'Olympicopolis



to Bow' on Saturday as part of the London Festival of Architecture 2015.

Gallery director, Rosamond Murdoch will also be holding curated studio tours throughout the weekend. This year will also see the return of the Bow Open Show to Nunnery Gallery with a private view on Friday, June 19.

Bow Open Show is an annual exhibition selecting the best work from more than 400

artists who currently hold studios, live and work spaces and carry out education projects with Bow Arts.

The exhibition is an important celebration of all the work that Bow Arts does throughout the year, and guest curators have been invited to select their choice of the work.

This year's guest curator is Dr Shahidha Bari, lecturer in Romanticism from Queen Mary University of London.

Shahidha will select from more than 400 artists with Ms Murdoch, to create a unique exhibition in the Nunnery Gallery.

Marcel Baettig, chief executive of Bow Arts said: "This year marks 20 years of the Bow Arts 'Open'. It has become a cherished staple of the art scene and every year the audiences get bigger and the standard of work continues to impress the public, collectors and curators alike.

"Nineteen years ago I was told that Open Studios were dead and that there was no interest, well nearly 100,000 visitors on I think we can say they are very much alive."

Ms Murdoch said: "I am thrilled to be hosting the Bow Open show back at Nunnery Gallery, the intimate setting of the former convent is perfect for showcasing the work of our immensely talented Bow Artists."

[www.bowarts.org/open-studios-201](http://www.bowarts.org/open-studios-201)

based German artist in her romantic spontaneous style. Free. Until Sat, Jun 20. Tues-Sat 11am-6pm. Vilma Gold, 6a Minerva Street, E2. 7729 9888

#### Barbara T. Smith:

##### The Poetry Sets

The second installment of

Columbidae curated by Laura McLean Ferris focuses on the American artist's Xerox works from 1965-66. The five poetry sets that capture Smith's dual life as mother and artist will be presented in their entirety. Free. Until Sun, Jul 5. Thurs-Sun, 12-6pm. Cell Project Space, 258 Cambridge Heath Road, E2.

7241 3600  
[www.cellprojects.org](http://www.cellprojects.org)

#### Mental Illness and Me

Drawings by artist Bobby Baker chart her experience of mental illness, family life, work and breast cancer recovery. Until Sun Jul 19. Open during GP surgery hours. Bromley by Bow Centre, Saint

Leonard's Street, E3. 8709 9700  
[www.bbbc.org.uk](http://www.bbbc.org.uk)

### Music

#### Spitalfields Music

##### Summer Festival

15 days of music in an eclectic mix of venues, with new music from exciting artists

including composers and performers Emily Hall, Shabaka Hutchings, Mica Levi, Mara Carlyle and Bride Jackson and the Arbour. £5. Jun 2 to 16. Various times. [spitalfieldsmusic.org.uk](http://spitalfieldsmusic.org.uk)

#### Field Day Festival

Shoegaze legends Ride will headline on Sunday. Caribou tops the bill on Saturday. Tickets from £38.50. Sat & Sun, Jun 6 & 7, all day. Victoria Park, E3. [www.fielfdayfestivals.com](http://www.fielfdayfestivals.com)

#### Open the Gate

13 hours of live music and an African market. Free. Sat & Sun, Jun 6 & 7, from 12noon. Rich Mix, 35-47 Bethnal Green Road, E1. 7613 7498  
[www.richmix.org.uk](http://www.richmix.org.uk)

### Theatre

#### The Tempest

Cornucopia Theatre Company presents its fourth site-specific Shakespeare production. Until Sun, Jun 14. Free. Fri and Sat, 7.30pm; Sun, 3pm. Glamis Adventure Playground, Glamis Road, E1. [www.cornucopiatheatre.co.uk](http://www.cornucopiatheatre.co.uk)

#### Angels in the Park

Five 10-minute Irish plays, exploring mortality, family, and the need to connect. Tues, Jun 16. Free. Audience meet at the Art Pavilion, Mile End Park, E3. [www.shivaproductions.ie](http://www.shivaproductions.ie)



# WHAT'S ON

AT CANARY WHARF  
JUNE 2015

CANARY WHARF  
ARTS + EVENTS

## THE PEARL IZUMI TOUR SERIES

BRITAIN'S FASTEST CYCLING  
TEAMS COMPETE  
THURSDAY 4 JUNE

FROM 6PM / FREE / THROUGHOUT CANARY WHARF

## CANARY WHARF MOTOREXPO

FREE-TO-VISIT MOTOR SHOW  
MONDAY 8 - SUNDAY 14 JUNE  
DAILY / FREE / THROUGHOUT CANARY WHARF  
[motorexpo.com](http://motorexpo.com)

## CANARY WHARF JOG

CHARITY FUN RUN  
WEDNESDAY 17 JUNE  
STARTS 6.30PM / FREE TO REGISTER  
FROM CANADA SQUARE PARK  
[bhf.org.uk](http://bhf.org.uk)

## THE LUNCH MARKET

AL FRESCO GLOBAL CUISINE  
WEDNESDAY 24 JUNE  
11AM-3PM / FREE TO VISIT  
MONTGOMERY SQUARE

## SUMMER SCREENS

SPORT, NEWS & ENTERTAINMENT  
MONDAY 29 JUNE - TUESDAY 18 AUGUST  
DAILY / FREE / CANADA SQUARE PARK

## DANCING CITY

WORLDCLASS OUTDOOR DANCE  
MONDAY 29 JUNE - SATURDAY 4 JULY  
DAILY / FREE / THROUGHOUT CANARY WHARF

FOR MORE INFORMATION VISIT  
[CANARYWHARF.COM](http://CANARYWHARF.COM)

TWEET US @YOURCANARYWHARF



## Performing arts

The Space is a performing arts and community centre with an offshoot at the Crossrail Place Roof Garden.

[WWW.SPACE.ORG.UK](http://WWW.SPACE.ORG.UK)



## Fairytales brought to the stage

Peer Gynt is a five-act play in verse by the Norwegian dramatist Henrik Ibsen (pictured). Written in the Bokmål form of Norwegian, it is one of the most widely performed Scandinavian plays.

SEE BELOW

### Get a Life!

IBSEN'S fantasy play Peer Gynt has been performed all over the world, and arrives at Canary Wharf's Roof Garden this June. An adventurous tale packed into a family-friendly hour of theatre, during which the audience will encounter folk tales, weddings and trolls. An off-shoot of Space Productions, the Roof Garden Players are the resident theatre company at the new Roof Garden performance space in Crossrail Place, Canary Wharf. Performances run Thursdays and Fridays, June 18 to 26 at 7pm, and Saturdays, June 20 and 27 at 2pm. The performances are free but booking is advisable. The Roof Garden Players will create the work in the open with interactive workshops designed to enable people to engage with, and help shape, the pieces.

There will be three strands of workshops and opportunities to create set and props with the designer, provide feedback and suggestions on the themes of the plays, and join the company as it works on different scenes. Adults' workshops run on Wednesdays, June 3, 16 and 30 at 7pm. These are practical sessions for theatre enthusiasts of any ability so they can engage with the subject matter of each of the pieces and take part in devising material for the shows. Family workshops run on Saturdays, June 13 and 27 and July 11 at 12noon. These sessions will include fun arts and crafts for all the family who can join the company as they make props, set and costumes. Roof Garden, Crossrail Place, North Dock, Canary Wharf, E14. Visit [www.space.org.uk](http://www.space.org.uk)



### Dance

#### Argentinian tango E14

Class. Sat 1-5pm. £5. St John's Community Hall, 37 Glengall Grove, E14. 7538 3852

#### Ballroom/Latin American

Fri, 1.45-3.45pm, £5, free refreshments. No beginners. Kingsley Hall, Powis Road, E3. 8550 1392

#### Brazilian dance aerobic classes

Weds 9-10am & Thurs, 1-2pm. Free. Alpha Grove Centre, Isle of Dogs, E14. 7538 1714

#### Energize4Girlz

South African gumboot dancing. Every other Saturday from 11am-12:30pm. St Pauls Shadwell Church, 302 The Highway, E1.

## Thinking of further or higher education?

- Don't have a grant and need financial support for your course?
- Have you lived in Tower Hamlets for the last three years or more?

Then we may be able to help!

The Tower Hamlets & Canary Wharf Further Education Trust issues grants of up to £3,650\*

Closing date for all applications is 12 noon on Friday 12th June 2015

### Don't delay... apply today!

For further information contact David Stone:  
020 7364 4888 / 07842 287031

Email [david.stone@towerhamlets.gov.uk](mailto:david.stone@towerhamlets.gov.uk)

Or download an application form from:  
[www.towerhamlets.gov.uk](http://www.towerhamlets.gov.uk)

\*Dependent on course selected.  
See website for details



  
**CORNUCOPIA**  
Theatre Company

Presents:

# THE TEMPEST

by William Shakespeare

#### PERFORMANCE DATES

June 5, 6, 7, 12, 13, 14  
Fridays and Saturdays 7:30pm and Sundays 3pm

#### FREE ENTRY

Donations to Glamis Adventure Playground

#### VENUE

Glamis Adventure Playground  
10 Glamis Road, Shadwell  
London E1W 3EG

#### Nearest station:

Shadwell DLR/ Overground

[cornucopiatheatre@gmail.com](mailto:cornucopiatheatre@gmail.com)  
[www.cornucopiatheatre.co.uk](http://www.cornucopiatheatre.co.uk)

Directed by MARK DUNCAN  
Music composed by JAMES HESFORD  
Designed by ANDIE SCOTT







## Preserving a cultural heritage

Since 2006 Turquoise Mountain's aim is to revive Afghanistan's traditional crafts, and to regenerate Murad Khani, a historic area of Kabul's old city known for its rich cultural heritage.

[WWW.TURQUOISEMOUNTAIN.ORG](http://WWW.TURQUOISEMOUNTAIN.ORG)

## Your dates, our diary

Do you have dates for our Out & About diary? Email details to [eastend.life.news@towerhamlets.gov.uk](mailto:eastend.life.news@towerhamlets.gov.uk)

**DETAILS BELOW**

### Get a Life!

[energize4girlzdance@gmail.com](mailto:energize4girlzdance@gmail.com)

#### Green Candle Senior Dance

Over-60s, no experience is necessary.

Tues, 10.30am-12.30pm, one free taster session.

Oxford House, Derbyshire Street, E2.

7739 7722

#### Salsa

For dancers of all experience, beginners welcome, followed by dancing until midnight. Prices vary. Free first class for ladies.

Every Weds, 7.30-9.30pm.

The Urban Bar, 176

Whitechapel Road, E1.

07932 658861

#### Swing Dance

All ability levels welcome.

Every Fri, 7-9pm.

£7 per person or £10 for a lead/follow couple.

The Hall, St Margaret's House, 21 Old Ford Road, E2.

8980 2092

#### Zumba classes

Every Tues 11.15am-12.15pm.

Healthy living sessions every Fri, 11am-3pm.

St Matthias Community Centre, 113 Poplar High St, E14.

7515 8362

### Kids

#### Ballet for children

Every Thurs. Ages 2 fh-3 1/2 years, 2-2.30pm; 4-6 years, 4.45-5.15pm.

Alpha Grove Community Centre, Isle of Dogs, E14.

[nina.monteiro@hotmail.com](mailto:nina.monteiro@hotmail.com)

#### Deaf after school club

For ages 5-12. Mon-Fri, 4-6pm.

Tower Project, 45-55 White Horse Road, E1.

[naima@towerproject.org.uk](mailto:naima@towerproject.org.uk)

7790 9085

#### Kids' Creative Dance Classes

Mini-movers, 2-3yrs; leaps and strides I, 4-5yrs; leaps and strides II, 5-6yrs; dash, 7-11yrs. Sat mornings. £44-49.50 per term or £4.50/£5 per term, plus concessions.

Chisenhale Dance Space, 64-84 Chisenhale Road, E3

8981 6617

# Kites from Kabul

BY MELANIE YEA

**IN Afghanistan's historic city of Kabul, the spring sunshine brings kite flyers out in their hundreds, and brightly coloured kites can be seen dotting the skyline. Kites from Kabul will bring this spectacle to London, with a display made by children in Murad Khani, the old city district of Kabul.**

The display has been developed with the British charity Turquoise Mountain, one of the Prince's Charities, which works in Afghanistan. It opens at the V&A Museum of Childhood in Bethnal Green on Saturday, July 4, and runs until January 2016.

The entrance lobby at the museum will be



transformed with a colourful display of paper kites in flight. The rich heritage of kite flying will be brought to life by photographs taken by Australian photojournalist Andrew Quilty in 2014 and 2015, at sites around Kabul and Bamian.

There will also be a video by film maker and writer Lalage Snow, giving a glimpse into the lives of children living in the old city.

Turquoise Mountain has been working in Afghanistan since 2006 to revive historic areas and traditional crafts, and has restored more than 100 historic and community buildings in the Murad Khani district.

It has also set up the Turquoise Mountain Institute for Afghan Arts and Architecture, which trains hundreds of young Afghans in traditional arts and crafts.

The kites in this display are the result of a collaboration between the children of Murad Khani and students from the institute.

"Turquoise Mountain is delighted to be partnering with the V&A Museum of Childhood on this exhibition. Kite-flying is such an evocative symbol of childhood and freedom, and something that children and adults can relate to wherever they are in the world.

"We hope this exhibition will make its own small contribution to fostering a deeper understanding of Afghanistan, its people and culture, in the UK," said Dr Tommy Wide, managing director of Turquoise Mountain.

The V&A Museum of Childhood is in Cambridge Heath Road, Bethnal Green.

Admission is free and the museum is open daily from 10am to 5.45pm.

For more information call 8983 5200 or visit [www.vam.ac.uk/moc](http://www.vam.ac.uk/moc)



[chisenhaledancespace.co.uk](http://chisenhaledancespace.co.uk)

#### Pollyanna Training Theatre

Drama and musical theatre for ages 4-16 in Wapping, E1.

7481 1911

#### Rhyme time

Thurs, 2-3 pm.

Watney Market Library,

30-32 Watney Market, E1.

7790 4039

#### Young & talented?

Performing arts group for 6-to 16-year olds. Sats, 10.30am-1.30pm, term-time. Oxford House, Derbyshire Street, E2.

8556 5348

### Parent & child

#### Dance play

Dance and movement, songs

and rhymes for parents/carers and their children aged 1-5 years. Weds, 10.30-11.30am, term-time only. Cost £2 per child (in adv) or £3.50 drop-in rate, discounts available. Language of Dance Trust, Oxford House, Derbyshire Street, E2.

7749 1131

[info@lodc.org](mailto:info@lodc.org)

#### Toyhouse library

Mons, 1.30-3.30pm, Halley Primary School, Halley Street, E14. Tues, 2-3.30pm, Cayley School, Aston Street, E14. Weds, 9.20-10.45am, Harry Roberts Nursery, Harford Street, E1. 1-2pm, TH Opportunity Playgroup, 583 Commercial Road, E1. 9-11am, Old Church Nursery, Walter Terrace, E1. 9-11am, Alice Model Nursery

School, 14 Beaumont Grove, E1.

#### Yoga for pregnancy and mums and babies

Pregnancy class suitable from 14 weeks. Mums and babies classes suitable from six weeks until baby is crawling.

07958 645978

[www.clareday-yoga.co.uk](http://www.clareday-yoga.co.uk)

### Social

#### 3 Bees Café

Healthy vegetarian and fish dish, served for just £3, takeaways available.

Tuesdays, 4-8pm.

Kingsley Hall Community Centre, Powis Road, E3.

07501 468 193

#### Bingo

Mons 6.45-9pm.

Tredegar Community Centre, 333 Morville Stret, E3.

07884 168176

#### Birchfield OAPs club

Mon-Fri, 7-9.30pm; Weds, 1-4pm

50 Saltwell Street, E14.

#### Fern Street Settlement

Fern Street, E3.

7987 1949

#### Globe Town bingo club

Pensioners group with bingo and social activities.

Thursdays, doors open 12pm.

Bingo 2-4pm.

Globe Town Community Centre, Bullards Place, E2.

07939 965141

#### Golden Ladies

Pensioners group for bingo

and social. Weds, 2-4pm. Isle of Dogs Bowls Club,

Millwall Park, E14.

7987 6824

#### Little Spitz' under-5s playgroup

Weds, 10am-12pm, 50p.

Tours and stories.

Spitalfields City Farm, Buxton Street, E1.

7247 8762

#### Tower Hamlets U3A

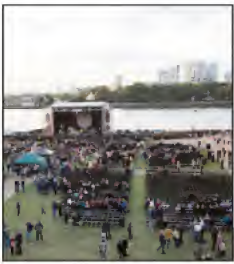
Tower Hamlets University of the Third Age offer courses for over-50s to learn T'ai Chi, jazz appreciation, art appreciation, history walking and more. £10 yearly membership. Various days and times.

St Margaret's House

Settlement, 21 Old Ford Road, E2.

7247 4283





**Summer fun**  
Concerts take place overlooking the Thames and Canary Wharf.

## You've got to be in it to win it...

To enter the competition below, send your name, address and phone number on a postcard, with the right answer, to East End Life, Town Hall, Mulberry Place, 5 Clove Crescent, Poplar E14 2BG by the deadlines, or email...

[EASTENDLIFE.NEWS@TOWERHAMLETS.GOV.UK](mailto:EASTENDLIFE.NEWS@TOWERHAMLETS.GOV.UK)

### Reader offer

# Make time for Tom

**THE line-up for this year's Greenwich Music Time is now complete thanks to the addition of pop royalty in the shape of Tom Jones.**

The charismatic Welsh singer joins ten-time Grammy Award winner George Benson, the multi-million-selling flamenco superstars Gipsy Kings, and legendary Kinks frontman Ray Davies on the bill for the five-day concert series, which returns to the Maritime Greenwich World Heritage Site on Thursday, July 23.

And due to phenomenal demand for tickets the Welsh superstar, whose hits Green, Green Grass of Home, What's New Pussycat and It's Not

Unusual turned him into a singing superstar across the world, has announced he will perform an additional night on Monday, July 27.

Greenwich Music Time transforms the Old Royal Naval College's riverside location into the ultimate open-air venue, providing music fans with the opportunity to experience a unique series of concerts set against the stunning backdrop of the magnificent historic landscape.

Sir Tom said: "I'm really looking forward to performing at Greenwich Music Time this summer

"And it's great to be sharing the bill alongside such an esteemed group of artists.

"The Old Royal Naval College is a beautiful place to do a show and I'm sure it's going to be a really special occasion."

Peter Taylor of GMT organisers Cuffe & Taylor: "We have been blown away by the enthusiasm and excitement shown by the public following our announcement that Sir Tom will be performing as part of this year's Greenwich Music Time.

"It is of course testament to the enduring popularity of one of the UK's finest ever performers but also to the undeniable appeal of the location of our event. GMT has become a five-night event and is on its way to becoming one of the highlights of the summer live music calendar."

Tickets for Tom Jones' concert on Monday, July 27 are on sale now and are available from [www.greenwichmusictime.co.uk](http://www.greenwichmusictime.co.uk) or by calling 0844 499 9999.

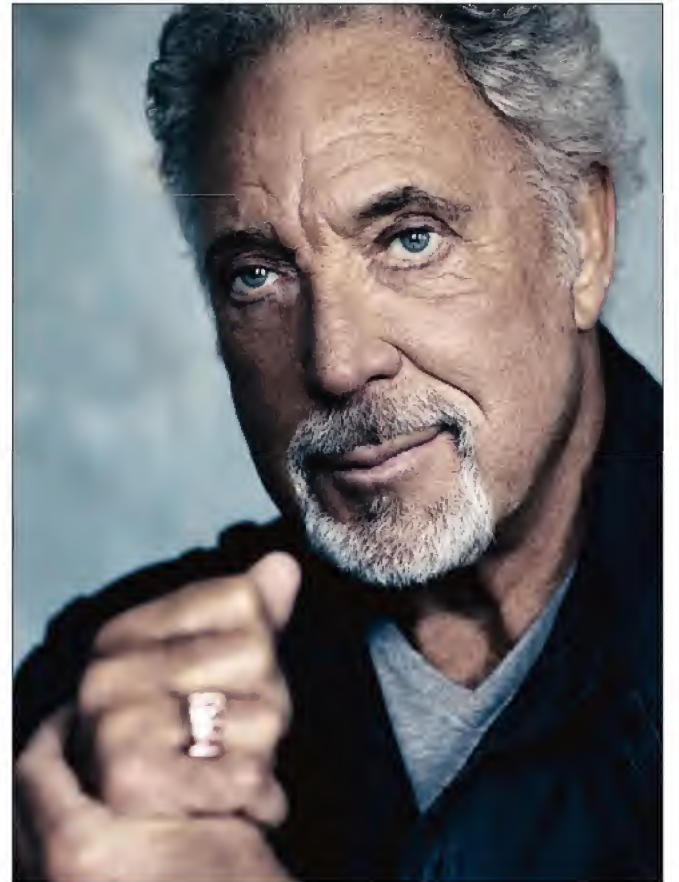
■ East End Life has a pair of tickets to give away for Tom Jones' concert on Monday, July 27.

To be in with a chance of winning, all you need to do is answer this question:

**Q: In what year did Green, Green Grass of Home become a worldwide number one hit for Sir Tom Jones?**

Entries should include your name, address and telephone number and be sent to the email or postal address above by 5pm on Friday, June 12.

Competition rules apply.



Organised by the Tower Hamlets  
Safer Neighbourhood Board



## Residents' Question Time

**A Safer Neighbourhood Board public meeting**

**Tuesday 9 June 2015**

**6.30pm – 8.30pm** (doors open at 6.00pm)

**Alpha Grove Community Centre**

**Alpha Grove | Isle of Dogs | London E14 8LH**

- Your chance to meet the Police Borough Commander and the Head of Safer Communities, to discuss key policing and community safety issues
- A great opportunity for local people to share their experiences and views
- Promote and raise awareness of current action being taken to address key issues
- All residents welcome

For further information please phone Jon Shapiro on 07811 482731 or email [jon.shapiro@o2.co.uk](mailto:jon.shapiro@o2.co.uk)

The event is funded by the Mayor's Office for Policing and Crime and organised by the Tower Hamlets Safer Neighbourhood Board.

**MOPAC**  
Mayor's Office for  
Policing and Crime

**METROPOLITAN  
POLICE**  
Working together for a safer London

**TOWER  
HAMLETS**

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**Our new address is 172 The Highway, London E1W 3DD**  
(on the corner of Wapping Lane and the Highway - entrance from the Highway).

**New NHS Patients Welcome**

Register with us today on

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Serving Wapping, Shadwell and surrounding areas

[www.wappingdentalcentre.com](http://www.wappingdentalcentre.com)



## Wasting food hits your pocket

Love Food Hate Waste provides recipes for using up leftovers and handy tips and advice to help us waste less food. Wasting food costs the average family with children around £680 a year.

[WWW.LOVEFOODHATEWASTE.COM](http://WWW.LOVEFOODHATEWASTE.COM)

## Boost your business

Restaurant reviews are a popular feature of East End Life. If you would like to advertise on this page,

**CALL OUR ADS TEAM ON 7364 4940**

### Eating out, eating in

# Nothing to beef about

BY AVARICIOUS ARCHIE

IT'S a sunny Sunday afternoon and I am doing a bit of bonding with my kid brother who, being the king of voucher deals, competitions etcetera had availed himself of a special offer for Smiths of Smithfield.

The offer gave us south Devon cote de boeuf and unlimited chips.

Normally sold by weight, on the day concerned we were given a kilo of meat cooked the way we like it – medium-rare, as suggested by our waiter. (Any less and the fat doesn't render down enough to be edible, according to our waiter.)

In the meantime my brother ordered the scallop starter and a Bloody Mary, a speciality we were informed, while I chose an alcohol-free cocktail.

The restaurant is the sibling to the meat lovers' destination Smiths of Smithfields.

Both are on four floors with a basement bar, ground floor café restaurant area, a more formal dining room on the first floor and a top floor private dining area.

Clearly they are very happy



Smiths of Smithfield offers exemplary service

with the format and have replicated it in Spitalfields.

On the afternoon we were there it wasn't bursting at the seams, but that was to our benefit as the service was exemplary.

Our cocktails arrived and in my case was nice and, in my brother's case, excellent. Mine tasted fine without being exceptional but the Bloody Mary was special.

The main course arrived without fanfare, but it was so good that a fanfare should be made obligatory.

The cote de boeuf was served as a centrepiece with rocket

and bernaise sauce and chips.

We also ordered a serving of polenta chips as we'd never had them before.

The meat was nothing short of perfection. Our very helpful waiter talked us through the cooking processes that were applied to our meat but they are too long and tortuous to include here.

Suffice it to say that they were ultimately too complicated to replicate at home and made the trip to this particular restaurant worth every penny.

The end result was a joint that was tender, succulent and almost melted in your mouth.

Even the burnt tips were tender.

It was clear that great care and attention had been taken not only in the sourcing of the produce (the provenance of all of the meat was front and centre on the menu) but also in its preparation.

The chips, both polenta and ordinary, were a delight and the perfect foil for the meat that was clearly the star of the show.

My brother also added a large glass of Merlot which he said helped wash the grand repast down admirably.

**Smiths of Smithfields is at 109 Commercial Street, E1. Tel: 7251 7950**

# A tasty treat – and cheap too

THIS week's recipe comes from the Love Food Hate Waste website.

These tasty, cheap burgers are a good way to use up breadcrumbs and work equally well with some cooked vegetables or salad, or in a burger bun with all the trimmings.

All kinds of beans will work in this dish and the mixture can also be used to make sausages.

The burgers can be fried or baked – for baking put them on to a baking tray and cook for 15-20 minutes at 200°C/400°F.

Add fresh or dried herbs of your choice, or experiment with



spices such as ground cumin and coriander.

The breaded burgers can be frozen – freeze them in a single layer on a tray and then pack them into a box to store.

The burgers are best baked from frozen as frying may not heat them through and defrosting before frying can make them soft and liable to break up in the pan.

## Spicy carrot burgers – serves 8

### Ingredients

**4 medium carrots (250g/9oz), peeled and grated**  
**2 x 400g/14oz tins of beans**  
**1 large onion peeled and grated**

**2 eggs**  
**1 tsp curry powder, garam masala or chilli powder**  
**150g/5 fl oz fresh breadcrumbs**  
**2 tbsp vegetable oil**

### Method

1. Fry the onions and carrots in a little oil until soft.
2. Drain, rinse and mash the beans. Put them into a mixing bowl and mix together with the carrot, onion, spices and one of the eggs.
3. Put the breadcrumbs on to a

plate. Break the remaining egg into a bowl and whisk it to break it up.

4. Shape the burger mixture into eight patties. Dip each into the egg and then cover with breadcrumbs. Fry gently in the remaining oil until crisp and golden on both sides.



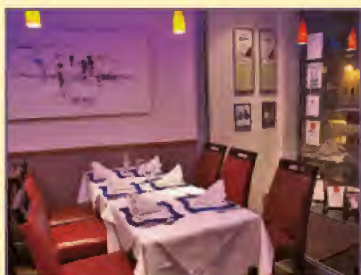
*"Well worth the detour"*  
Hackney Gazette 2009

The Empress in Leman street has been serving quality Indian food with a friendly and personal service for over 20 years

Voted the best 'Indian restaurant in London for 5 years in a row'

Open seven days a week for eating in, take aways, delivery and outdoor catering for that special occasion

The Empress, Leman Street, London E1 | T: 020 7265 0745 | W: [www.theempress.co.uk](http://www.theempress.co.uk)



### Opening Hours:

Monday – Friday: 12noon – 2pm & 6pm – midnight  
Saturday, Sunday & Public Holidays: 6pm – midnight

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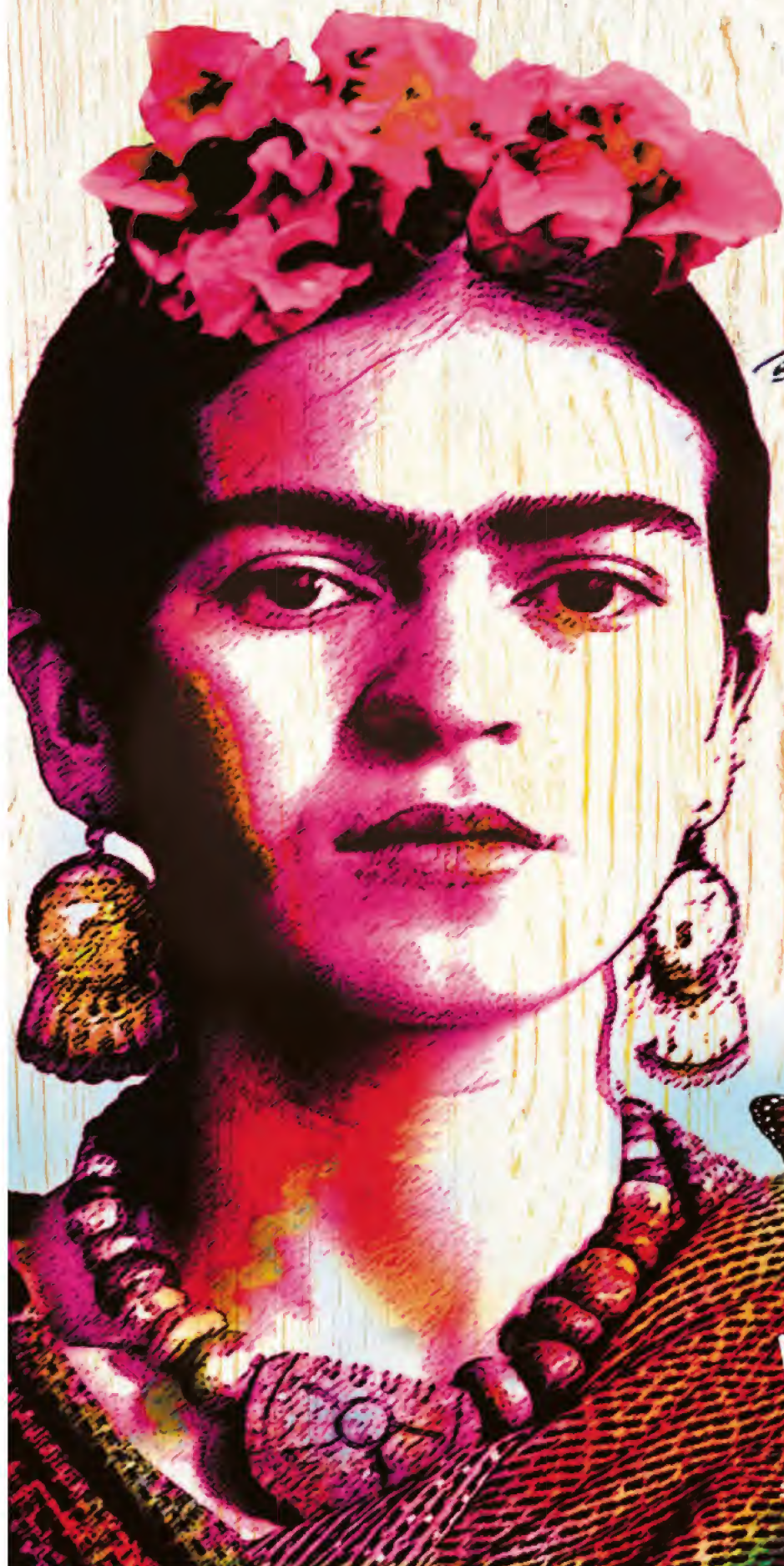


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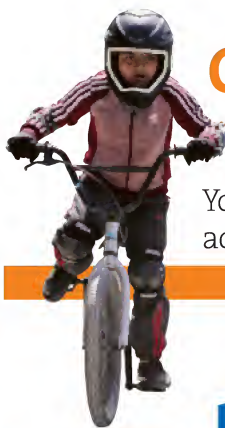




## Flowers in the rain

Tower Hamlets in Bloom is back to brighten spring

SEE PAGE 4



## On yer bike for half-term fun

Youngsters get outdoors and active during the school holiday

SEE PAGE 7



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# eastendlife

NEWS FROM TOWER HAMLETS COUNCIL AND YOUR COMMUNITY

## Make sure you vote on 11 June

The elections for Mayor of Tower Hamlets and a councillor for Stepney Green Ward will take place on **Thursday 11 June 2015**.

Every registered elector in Tower Hamlets should have received an official poll card. The poll card shows when, where and how to vote.

If you have lost your poll card, the online polling station finder will help you find your allocated polling station. Go to [www.towerhamlets.gov.uk/vote](http://www.towerhamlets.gov.uk/vote) or call the Electoral Services helpline on **020 7364 0872**.

Tower Hamlets Council has been working closely with the Police and Electoral Commission to ensure the integrity of the election process in Tower Hamlets.

If you have any concerns about possible electoral fraud, please report them to [THElections@towerhamlets.gov.uk](mailto:THElections@towerhamlets.gov.uk)

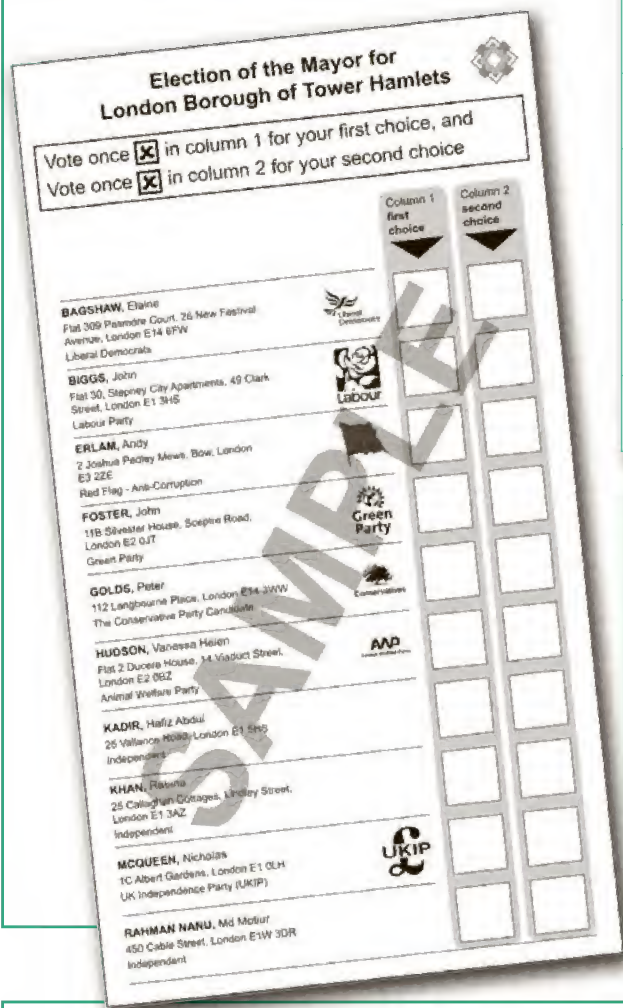
**YOUR VOTE MATTERS**

**MAKE SURE YOU'RE IN**



# Election of a Mayor for Tower Hamlets

The Mayor of Tower Hamlets is an important position. The person elected will lead the local authority, make executive decisions about a wide range of council services and they will represent the interests of the borough and its residents.



There are 10 candidates standing for Mayor:	
Elaine BAGSHAW	(Liberal Democrats)
John BIGGS	(Labour Party)
Andy ERLAM	(Red Flag – Anti-Corruption)
John FOSTER	(Green Party)
Peter GOLDS	(The Conservative Party Candidate)
Vanessa Helen HUDSON	(Animal Welfare Party)
Hafiz Abdul KADIR	(Independent)
Rabina KHAN	(Independent)
Nicholas MCQUEEN	UK Independence Party (UKIP)
Md Motiur RAHMAN NANU	(Independent)

## How to vote

At the mayoral election you have two votes. Vote *once* in column one for your first choice candidate and *once* in column two for your second choice candidate. You do not have to cast a second choice vote, but you must cast a first choice vote or your ballot paper will not be counted. If you vote for the same candidate twice, your second choice vote will not be counted.

## In Stepney Green Ward there is also an election for a Councillor

There are 7 candidates standing for Stepney Green Ward Councillor:	
Sabina AKHTAR	(Labour Party)
Safiul AZAM	(The Conservative Party Candidate)
Kirsty CHESTNUTT	(Green Party)
Abu Talha CHOWDHURY	(Independent)
Will DYER	(Liberal Democrats)
Jessie MACNEIL-BROWN	(Something New)
Paul SHEA	UK Independence Party (UKIP)

## How to vote

Vote for one candidate only. Place a cross [X] in the box next to the candidate of your choice.



[www.towerhamlets.gov.uk/vote](http://www.towerhamlets.gov.uk/vote)



# Frequently asked questions

## 1 Why two votes for one Mayor?

The law states the voting process for the Mayoral elections must be done this way. It allows you to say who would be your second choice for Mayor if your first choice is not in the top two after the first round of counting, and if there is not an outright majority winner at that stage.

## 2 How do I mark my vote?

Put a single X in each of the columns indicated. You have two votes – one for your first choice and one for your second choice of candidate.

## 3 What happens if I don't make a second choice vote?

Your first choice will still be counted.

## 4 What happens if I only make an X in the second choice column?

Your vote will not be counted.

## 5 What if I mark an X in the first choice column for more than one candidate?

Your vote will not be counted. If you wish to vote for two candidates then you must mark an X in column 1 for your first choice candidate and an X in column 2 for your second choice candidate.

## 6 When will the polling stations be open?

Polling stations will be open from 7am-10pm. The location of your polling station is printed on your poll card.

## 7 I have lost my poll card, can I get another one?

If you are on the register, you don't need a poll card to vote. You can attend the polling station and staff there will help you. The poll card is just to inform you that there is an election and explain where your polling station is located.

## 8 When will the votes be counted?

The votes will be counted after the close of poll on Thursday 11 June 2015. The Returning Officer will declare who has been elected as Mayor of Tower Hamlets and who has been elected as Councillor for Stepney Green Ward. The results will be published on the council's website.

**For help on finding your polling station, please call our elections helpline on: 020 7364 0872 or visit [www.towerhamlets.gov.uk/vote](http://www.towerhamlets.gov.uk/vote)**



# Don't give away your vote!

- ✓ It is important that you do not let anyone else take your vote or pressurise you to vote in a particular way.
- ✓ If you vote at the polling station, you must take the ballot paper from the clerk and go into a polling booth to cast your vote in secret. Do not let anyone else touch your ballot paper and by law, no other adult may go into the polling booth with you.
- ✓ If you are a postal voter, make sure you complete the postal voting statement and ballot paper yourself, place the completed documents into envelope 'B' and post straight away.
- ✓ You must not give the ballot paper or postal voting pack to anyone else to complete on your behalf. Anyone who completes another person's ballot paper is committing an offence.

## Returning Officer's plans to prevent fraud

The June election in Tower Hamlets will have some of the most robust processes to prevent fraud.

A local protocol to ensure a free and fair election and help to establish trust in the electoral system has been drawn up by the main agencies involved in running the election.

The protocol makes it clear that the Metropolitan Police and Tower Hamlets Council take electoral fraud extremely seriously and will investigate all allegations of irregularities robustly, promptly and fully.

If you are concerned that your vote may be subject to fraud, contact: [THElections@towerhamlets.gov.uk](mailto:THElections@towerhamlets.gov.uk) or call 020 7364 0872 with the details.



**YOUR VOTE MATTERS** **MAKE SURE YOU'RE IN**